



Insurance Verification Checklist

Before starting therapy, contact your insurance provider to confirm your mental health benefits. This helps prevent unexpected costs and ensures a smooth start.

Key Questions to Ask:

General Coverage

- Do I have behavioral/mental health benefits?
- Is TLC Wellness (or my provider) in-network?
- Do I need pre-authorization or a PCP referral?

Session Coverage

- How many therapy sessions are covered per year?
- What is my co-pay or co-insurance per session?
- Do I have an annual deductible? If so, how much is met?

Telehealth Services

- Are telehealth therapy sessions covered?
- Any platform or location restrictions?

Out-of-Network (if applicable)

- Are out-of-network mental health services covered?
- What is the reimbursement rate for out-of-network providers?
- What is the process for submitting a superbill?

Additional Tips:

- Record the representative's name and call reference number.
 - Save any confirmation emails or letters.
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For assistance understanding your benefits, contact our office. We're here to help.

The Lincoln Center for Family and Youth/TLC Wellness Group NPI: 1104687367
Please contact your provider for their individual NPI and CPT codes.