



Good Faith Estimate for Health Care Items & Services

Rachel Dubrow Smith, LCSW
License: 149015138
NPI: 1134478522
EIN: 82-3802846

Nicole Kioussis, LCPC
License: 180011702
NPI: 1629491261
EIN: 82-3802846

Douglas Tesnow, LCPC
License: 180010045
NPI: 1255610085
EIN: 82-3802846

The services provided by Rachel Dubrow, LCSW, PLLC include:

- Psychotherapy
- Professional Counseling
- Case Collaboration
- Letter and Report Writing

Common Service and Service Codes used at Rachel Dubrow, LCSW, PLLC include:

- 90791: Therapy Intake
- 90834: 45 minute counseling/psychotherapy session
- 90847: 45 minute family counseling/psychotherapy session

Common Services used at Rachel Dubrow, LCSW, PLLC that are not billable to insurance include:

- COLLAB: Collaborating with an outside provider about your care with a signed Release of Information on file
- LETTER: Letter and report writing on your behalf at your request
- NO SHOW: Not showing up or late canceling for a session after the one free pass has been used



Diagnoses:

Primary Diagnosis: Z13.39 Encounter for screening mental health diagnosis
Secondary Diagnosis: Z62.89: Phase of Life Problem

A note about diagnosis:

At Rachel Dubrow, LCSW, PLLC, we do not typically diagnose clients unless we believe a specific diagnosis to be accurate after evaluation and, after consultation with the client, we believe that having a mental health diagnosis is likely in the client's best interest. Please know that therapy is an ongoing process and, as such, diagnoses may change over the course of treatment, particularly in the evaluation phase. Please speak to your therapist about this practice if you have any questions or concerns.

Where services will be rendered:

- In our Northfield office (400 Central Ave, Suite 202 | Northfield, IL 60093)
- Online via telehealth
- A combination of in-office and online appointments

At Rachel Dubrow, LCSW, PLLC, we recognize that every client's therapy journey is unique.

How long you need to engage in therapy and how often you attend sessions will be influenced by many factors including:

- Your schedule and life circumstances
- Therapist availability
- Ongoing life challenges
- The nature of your specific challenges and how you address them

You and your therapist will continually assess the appropriate frequency of therapy and will work together to determine when you have met your goals and are ready for discharge.



Below, you will see how much a year of therapy would cost if you were to meet with your therapist for 52 sessions in a year (weekly, without skipping any weeks) at the current full rates at Rachel Dubrow, LCSW, PLLC.

We understand that there are circumstances where a reduced fee arrangement may be necessary for a time and that the fee you pay for services may very well be less than what is reflected below. Likewise, not all clients will meet with their therapist on a weekly basis. Each individual clinician at Rachel Dubrow, LCSW, PLLC has the ability to determine the frequency of sessions and any temporary reduced fee arrangement, along with you, the client.

The current full rates for counseling and psychotherapy services at Rachel Dubrow, LCSW, PLLC are:

Rachel Dubrow Smith, LCSW:

- Initial Session, 45 minutes (Counseling/Psychotherapy) with Rachel Dubrow Smith, LCSW: \$215
- Follow up sessions, 45 minutes (Counseling Psychotherapy) with Rachel Dubrow Smith, LCSW: \$185
- Initial Family Therapy Session, 45 minutes (Counseling Psychotherapy) with Rachel Dubrow Smith, LCSW: \$215
- Follow up Family Therapy Sessions, 45 minutes (Counseling/Psychotherapy) with Rachel Dubrow Smith, LCSW: \$200
- Collaboration, Letter and Report Writing: prorated at the hourly fee of \$185

If your therapist is Rachel Dubrow Smith, LCSW and you were to meet with her weekly at the prices listed above, the cost for 52 sessions in a year would be:

- Individual Initial Session (\$215) + 51 sessions at \$185 = \$9,650
- Initial Family Therapy Session (\$215) + 51 sessions at \$200 = \$10,415
- Collaboration, Letter and Report Writing: prorated at the hourly fee of \$185

Nicole Kioussis, LCPC or Douglas Tesnow, LCPC:

- Initial Session, 45 minutes (Counseling/Psychotherapy) with Nicole Kioussis, LCPC or Douglas Tesnow, LCPC: \$185
- Follow up sessions, 45 minutes (Counseling Psychotherapy) with Nicole Kioussis, LCPC or Douglas Tesnow, LCPC: \$160
- Initial Family Therapy Session, 45 minutes (Counseling Psychotherapy) with Nicole Kioussis, LCPC or Douglas Tesnow, LCPC: \$200
- Follow up Family Therapy Sessions, 45 minutes (Counseling/Psychotherapy) with Nicole Kioussis, LCPC or Douglas Tesnow, LCPC: \$200
- Collaboration, Letter and Report Writing: prorated at the hourly fee of \$160

If your therapist is Nicole Kioussis, LCPC or Douglas Tesnow, LCPC and you were to meet with either of them weekly at the prices listed above, the cost for 52 sessions in a year would be:

- Individual Initial Session (\$185) + 51 sessions at \$160 = \$8,345
- Initial Family Therapy Session (\$200) + 51 sessions at \$200 = \$10,400
- Collaboration, Letter and Report Writing: prorated at the hourly fee of \$160



Disclaimer:

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created. The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur and those services must be scheduled or requested separately. If this happens, federal law allows you to dispute (appeal) the bill.

This Good Faith Estimate is not a contract and therefore does not require you to obtain the items or services provided by Rachel Dubrow, LCSW, PLLC. At the foundation of a good therapeutic relationship between client and therapist, is the client's right to autonomy and self-determination. Therefore, you (as the client) have the right to terminate services at any time.

If you are billed more than this Good Faith Estimate, you have the right to dispute the bill.

You may contact the health provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days of the date of the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to www.cms.gov/nosurprises or call 1-800-985-3059.

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises or call 1-800-985-3059.