

# No Surprises Act Notice

Updated: March 1, 2026

## Your Rights and Protections Against Surprise Medical Bills

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At Shift Integrative Therapy LLC I am committed to providing clear and transparent information about the costs of my services. As part of this commitment, I comply with the federal No Surprises Act, which protects you from unexpected medical bills.

## What Is the No Surprises Act?

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The No Surprises Act is a federal law designed to protect clients like you from surprise bills for out-of-network services. It ensures you have access to clear information about the costs of your care before receiving services.

## Your Rights Under the No Surprises Act

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### **Good Faith Estimate:**

- If you are not using insurance or are self-paying for services, you have the right to receive a Good Faith Estimate of the expected costs of therapy or counseling services.
- This estimate will outline the anticipated charges for services provided by Shift Integrative Therapy LLC.

### **No Surprise Bills for Out-of-Network Services:**

- If I am out-of-network with your insurance, you will not receive surprise bills that exceed the agreed-upon fees.

## What Is a Good Faith Estimate?

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- A Good Faith Estimate is a document that provides an upfront summary of the expected costs for your care.
- You can request a Good Faith Estimate before scheduling your first session or at any time during treatment.

## How to Request a Good Faith Estimate

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You can request a Good Faith Estimate in the following ways:

- Click on Message Me on the Let's Connect page of the website or submit a message through the client portal under Contact
- Request it during a session
- Leave me a voicemail at 913-203-1891

I will provide your estimate within three business days of your request.

## Important Notes:

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- The Good Faith Estimate is not a bill. Actual charges for services may vary depending on your treatment needs.
- If you receive a bill that is \$400 or more than your Good Faith Estimate, you have the right to dispute the charge.

## How to Learn More

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For more information about your rights under the No Surprises Act, you can visit the official government website at [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises).

At Shift Integrative Therapy LLC, I strive to provide quality care while ensuring you feel informed and empowered throughout your process. If you have questions about my fees or your rights under the No Surprises Act, I'm happy to answer any questions.