



Jillian Diesner, LPC
www.JillianDiesner.com
Bethesda, MD

No Surprise Act & Good Faith Estimate Notice

Your Rights Under the No Surprises Act

Federal law, known as the No Surprises Act, protects clients from unexpected medical bills and ensures transparency around the cost of healthcare services. This law applies to individuals who are uninsured or who choose not to use their health insurance for services. You have the right to receive clear information about the expected cost of therapy services before treatment begins.

Good Faith Estimate of Costs

If you are uninsured or self-pay (meaning you are not submitting claims to insurance), you have the right to receive a Good Faith Estimate of the expected charges for therapy services. A Good Faith Estimate provides an anticipated cost of services based on the information available at the time the estimate is created. This estimate may include:

- The cost of individual, family, or group therapy sessions
- The frequency and length of sessions
- Any additional services reasonably expected as part of your care

Good Faith Estimates are not contracts and do not require you to receive services. This estimate reflects our current understanding of your needs and may evolve as therapy progresses. Treatment is flexible and responsive, and the frequency of sessions or services may adjust as goals evolve. We will always talk through any changes ahead of time so you can make informed decisions about your care and costs.

Additional information about your rights under the No Surprises Act is available from the U.S. Department of Health and Human Services.

Effective: January 1, 2024