



NAVIGATING INSURANCE GUIDE

Salem Counseling Center

Figuring out how to survive the insurance jungle can be overwhelming.

We've created this easy to use, step-by-step guide so you can be confident when discussing benefits with your insurance company.

Contact us for assistance or if you have questions!

- SCC team

1. Contact your insurance company at their **customer service number** (typically on the back of your insurance card).
2. When you call, let your insurance company know you are trying to determine your **mental health office visit** (or **telehealth** - if requesting information about online therapy) **benefits**.
3. Let your insurance company know that services provided by Salem Counseling Center take place in an **outpatient office**, not in a residential facility or inpatient setting.

Your insurance company may need the following identification numbers:

- Salem Counseling Center **Tax ID#**: 83-3937005
- Salem Counseling Center's group ("Type-II") **National Provider Identification (NPI) #**: 1831658285
- Your therapist's **Individual NPI #**:
 - **Therapist**: Chase Salmons, **NPI**: 1679921597

You will need to ask your insurance company the following questions:

- Is [My Therapist] **in-network** with my plan? Yes / No
- Do I have a **Deductible** for **out-of-network** mental health benefits?
 - If "Yes," how much is my Deductible? \$ _____
 - If "Yes," has any of that Deductible been met? \$ _____
 - How much remains before I meet my Deductible? \$ _____
 - If I have not met my Deductible, what is **my fee** for counseling services? \$ _____
- When does my Deductible **renew**? _____
- Do I have a **Co-Pay** or **Co-Insurance**?
 - If "Yes," what is the amount?
 - **Co-Pay** \$ _____ -or- **Co-Insurance** \$ _____ -or- % _____
- Is there a limited number of sessions/visits per year?
 - If "Yes," how many visits? _____
 - If "Yes," what is the Calendar Year? _____
- Do these counseling services require Authorization?
 - If "Yes," what is my **Authorization Number**? _____

Some common therapy service codes that may be helpful to have:

90791	Psychiatric/psychological diagnostic interview without medical services (intake interview)
90837 / 90834	Individual psychotherapy, 60 minutes
90847	Family Psychotherapy with patient present