You have the right to receive a "Good Faith Estimate" explaining how much your health care will cost.

Under the law, healthcare providers must give patients who don't have insurance or who are not using insurance an estimate of the bill for medical items and services before the services or items are provided. This is called a Good Faith Estimate.

You have the right to receive a Good Faith Estimate, and Foundations Family Therapy will provide one upon request or when scheduling such items or services. The Good Faith Estimate shows the total expected cost of any non-emergency items or services, including professional fees, medical tests, prescription drugs, or equipment. This estimate is based on information known at the time the estimate was created and will include costs. 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.

You may request a Good Faith Estimate in advance of an already scheduled medical service or item or before scheduling an item or service. The estimate will be provided within three days of request and within one business day of a previously scheduled service. You can also ask your healthcare provider and any other provider you choose for a Good Faith Estimate before you schedule an item or service.

Foundations Family Therapy may provide a single Good Faith Estimate for all recurring services expected in a 12-month period. Foundation Family Therapy would offer a new estimate for additional services beyond 12 months or if there is a change in the scope of the services.

If you receive a bill that is at least $400 more than your Good Faith Estimate, you can dispute the bill. Make sure to save a copy or picture of your Good Faith Estimate.

For a Good Faith Estimate of your services, please call the Foundations Family Therapy at 919-285-4802.

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