

Good Faith Estimate & No Surprises Act Notice

Effective Date: July 30, 2026

Your Right to Receive a Good Faith Estimate

Under the **No Surprises Act**, health care providers are required to provide individuals who are uninsured or who choose not to use their health insurance with a **Good Faith Estimate** of the expected cost of health care services, including psychotherapy.

A Good Faith Estimate is intended to help you understand the anticipated cost of your care before services begin.

What Is a Good Faith Estimate?

A Good Faith Estimate outlines the expected costs of the mental health services you are reasonably expected to receive based on the information available at the time the estimate is prepared. It is designed to promote transparency and help you make informed decisions about your care.

Please note that a Good Faith Estimate is **not** a contract and does not obligate you to begin or continue treatment. Because therapy is individualized, the frequency, duration, and course of treatment may change over time based on your unique needs and clinical goals. If your treatment plan changes, an updated Good Faith Estimate may be provided.

Your Rights

If you are not using insurance or choose not to submit claims to your insurance plan, you have the right to:

- Receive a Good Faith Estimate before your services begin.
- Request a Good Faith Estimate at any time before or during treatment.
- Ask questions about the estimated costs of your care.
- Receive an updated estimate if your anticipated treatment needs change significantly.

If you receive a bill that is **at least \$400 more** than your Good Faith Estimate, you may have the right to dispute the charges through the patient-provider dispute resolution process established by federal law.

Questions?

If you have questions about your Good Faith Estimate or would like to request one before beginning services, please contact Lotus Bloom Counseling. I am happy to

answer your questions and help you better understand the anticipated costs of treatment.

For additional information about your rights under the No Surprises Act, please visit the Centers for Medicare & Medicaid Services (CMS).

Lotus Bloom Counseling

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