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Notification of No Surprises Act/Right to Good Faith Estimate

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Dear Current and Prospective Clients,

In compliance with the federal No Surprises Act (H.R. 133) that became effective January 1, 2022, I am required to notify all my clients of your federal rights and protections under this law. Under this law, all health care providers need to give patients who do not have insurance or who are not using insurance an estimate of the expected charges for medical services, including psychotherapy services, called a Good Faith Estimate. The purpose of the Good Faith Estimate requirement is to give individuals an opportunity to use the information to evaluate their health care options, manage health care costs, and prevent surprise billing.


The No Surprises Act includes the following:

- Requires providers to inform their uninsured and private pay clients that you have the right to a Good Faith Estimate in writing to help you estimate the expected charges you may be billed for medical services, including psychotherapy.
- You have the right to receive a Good Faith Estimate in writing for the total expected cost of any non-emergency healthcare services, including psychotherapy.
- You can ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule a service.
- 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 questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises.

Per the law (California Business and Professions Code Section 4982) and ethics (CAMFT's Code of Ethics Section 12.3) of my profession, as a Licensed Marriage and Family Therapist in the state of California I am already obligated to be transparent and clear about my fees, such as informing prospective clients in the first contact prior to beginning treatment, in the Informed Consent document and process in the initial appointment, and giving ample notification when I raise my fees. In addition, we also decide together the frequency of sessions (i.e. weekly, every other week, etc.) depending on your needs. Therefore the weekly/monthly/yearly out-of-pocket costs of your psychotherapy sessions are most likely not a surprise to you.

That being said, I will be providing you with a Good Faith Estimate in writing and I am happy to discuss this further or answer any questions you may have.

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