

Rates & Insurance

Rates

I provide virtual counseling sessions through a secure and HIPAA-compliant site, doxy.me. For clients who pay out-of-pocket, my rate is \$150 per 45-minute session & \$175 for 60-minute session.

Insurance and Reimbursement

I am currently accepting clients in-network with the following:

- Aetna
- Blue Cross Blue Shield of Massachusetts
- Cigna
- Empire Blue Cross Blue Shield
- MVP (outside of Headway)
- Oscar Health
- Oxford
- United Healthcare

If you wish to use your insurance benefits, please [click here](#) to visit my profile with Headway, which handles my insurance billing. Please do not book through headway.com, email me at daniellelmhc21@gmail.com to book appointments.

If I am not in-network with your health insurance, you may still be able to use out-of-network benefits to cover part of your costs for sessions. I can provide superbills for you to submit to your insurance company for possible reimbursement. Please contact your insurance plan to verify out-of-network benefits for psychotherapy services.

Payment

I accept all major credit cards, including HSA, and checks as forms of payment. Any fees used for payments will be charged to your method of payment. Any checks returned for insufficient funds will be billed to the client.

Cancellation Policy

If you are unable to attend a session, please make sure to provide at least 24 hours' notice (Monday to Friday/not including weekends). Otherwise, you will be charged the cost of a full session as a cancellation/no show fee.

Please contact me to set up services. I look forward to hearing from you!

(914) 606-1304

[Send me an email](#)

After-hours and weekend support (email, voice, and text) will not always be available. Please discuss and become familiar with treatment and safety plans

****This office does not provide crisis counseling. If this is an emergency, contact 911, go to your nearest emergency room or call a mobile crisis unit.****