

What's a Superbill?

A superbill itemizes the services rendered, how much you paid for your services, and a diagnosis that is sufficient enough for the insurance carrier to pay you back a portion of the fees you paid for your services. I am considered an “Out of Network” provider, which means I’m outside of your insurance company’s preferred provider network, but that some of the fees for my services may be reimbursable to you directly through your insurance provider. This is typically only applicable to people who have PPO-type insurance plans. Be aware that should you choose to submit a superbill to your insurance, you are releasing medical information that is protected by law. This means you are waiving some of your rights to privacy and confidentiality. It is standard for your insurance company to request and keep a record of your diagnosis, and potentially request access your treatment file, if you choose to use insurance.

Please note, it is ultimately your responsibility to understand your insurance benefits and to make sure what percentage of the fee is be reimbursable if submitting a superbill. I recommend you ask your insurance provider the following questions:

1. Do you reimburse out-of-network costs through a superbill submission?
2. Have I met my out-of-network deductible for the year? Do I qualify for 100% reimbursement through my insurance plan?
3. If not full reimbursement, what percentage will I be reimbursed for services I paid for provided by a Masters-level Licensed Marriage and Family Therapist under CPT codes 90834 and 90837?