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What To Ask Insurance Companies Regarding Your Benefits

Do I have mental health benefits?

Yes No

If so:

What company manages my mental health benefits?

Is Dr. Nancy Panganamala (doctorate level clinical psychologist) listed as a provider on your plan?

Yes No

If she is not on the panel:

Do I have out-of-network benefits for mental health?

Yes No

What portion of the cost is covered?

Do I need authorization in order to begin treatment with Dr. Panganamala?

Yes No

What is my:

Deductible?

\$ _____

Co-pay each visit?

\$ _____

Number of sessions *per* (calendar) year?
