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Managed Care, You and Treatment

I have agreed to see you under the terms set by the managed care company that oversees your mental health benefits. In order to avoid misunderstandings regarding what this means, I am outlining some of the general aspects of managed care.

What is Managed Care?

Managed care means that an outside company has been engaged to select approved therapists. They also determine both your need for treatment and the length of time that treatment will be provided. If I am working with you as a managed care client, I have entered into a contract with the managed care company. While the contracts vary somewhat, you should be aware of the following that applies in all cases:

What information does the managed care company receive?

The managed care company will receive regular and somewhat detailed reports regarding your symptoms, diagnosis and treatment. There are no restrictions on the type or amount of information that they may require from me. I will discuss the content of these reports with you at your request. While my experience is that the information provided has been treated with an appropriate degree of confidentiality, I cannot be responsible in any way for the managed care company's use or redisclosure of the information provided to them.

Approval of sessions

In most instances, the managed care company must approve all sessions in advance. Each company has its own criteria regarding what it will consider as a "medical need" for therapy. This may differ from your and my assessment of your need for therapy. Furthermore, even though your policy allows a specific number of sessions per year, it is not necessarily true that that number of sessions will be approved as "medically necessary". Therapy sessions beyond what are deemed medically necessary by the managed care company must be paid for by you directly, should you and I agree to continue to meet after the number of authorized sessions has expired. I will be glad to answer any questions you may have about this.

Please sign this statement indicating that you have been advised of this information. A copy of this page will be provided upon your request.

Date

Signature