



# Michelle F. Moseley Counseling, PLLC

TeleMental Health Services in North Carolina

Michelle F. Moseley, MS, LCMHC, NCC, BC-TMH

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## Good Faith Estimate

Effective January 1, 2022, a ruling went into effect called the “No Surprises Act” which requires healthcare providers to offer a “Good Faith Estimate” regarding out-of-network services. The Good Faith Estimate works to show the reasonably expected cost of items and services to meet your healthcare needs based on information known at the time the estimate was created. The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment.

Under Section 2799B-6 of the Public Health Service Act (PHSA), health care providers are required to inform individuals who are not enrolled in an insurance plan, or who are seeking care with an out-of-network provider, a Good Faith Estimate of their expected charges. This is to be provided in writing prior to beginning services, upon request from you as the recipient of services, and upon any change in estimated cost of services based on changes in need.

### Common Services Provided by Michelle F. Moseley Counseling, PLLC

- Initial Session (60-90 minutes)
- Individual Therapy (45-60 minutes)
- Family Therapy (60 minutes)

(Note that CPT codes, which are commonly used when billing insurance, are not listed here due to all services being private pay with no involvement of insurance.)

### Common Diagnosis Codes at Michelle F. Moseley Counseling, PLLC

Many clients who receive services with Michelle may be experiencing anxiety, depression, grief, reaction to trauma, and/or dealing with life transitions. Michelle does not always provide a diagnosis for clients, and is happy to speak with you more specifically about your situation.

Below is a list of some common diagnosis codes which *may* fit your situation. A diagnosis cannot ethically be given prior to the initial session, and is subject to change throughout our work together. This list is not exhaustive and does not indicate that you have been assigned one of these diagnoses.

- Anxiety (F41.1)
- Depression (F32.9)
- Trauma-or-Stressor Related Disorder (F43.8)
- Mental Disorder, Not Otherwise Specified (F99)

### Location of Services

Michelle F. Moseley Counseling, PLLC is exclusively a telehealth practice; as such, all information pertains to virtual services unless indicated otherwise. Services are conducted from therapist’s secure, private office in North Carolina.