



# COMMONWEALTH INTEGRATIVE PSYCHIATRY + Functional Medicine

## Good Faith Estimate Availability Notice

**You have the right to receive a “Good Faith Estimate” explaining how much your medical care will cost.**

Under the law, health care providers need to give clients who don’t have insurance or who are not using insurance an estimate of the bill for medical items and services.

- You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency items or services.
- Commonwealth Integrative Psychiatry + Functional Medicine strives to provide Good Faith Estimates to all clients at the time of scheduling. These Good Faith Estimates are provided by Paula Allocca, PhD, PMHNP-BC, IFMCP. If a Good Faith Estimate cannot be provided at the time of scheduling for any reason, Paula Allocca, PhD, PMHNP-BC, IFMCP will provide all self-pay clients with a Good Faith Estimate, in writing, prior to services being rendered. Commonwealth Integrative Psychiatry + Functional Medicine makes every attempt to provide Good Faith Estimates in accordance with state and federal guidelines.
- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill.
- Make sure to save a copy or picture of your Good Faith Estimate.

Any self-pay clients seeking to obtain a Good Faith Estimate from Commonwealth Integrative Psychiatry + Functional Medicine may contact:

Paula Allocca, PhD, PMHNP-BC, IFMCP  
Phone: (804) 265-0182  
Email: [pallocca@commonwealthIPFM.com](mailto:pallocca@commonwealthIPFM.com)

- The No Surprises Help Desk (NSHD), which is the federal agency responsible for enforcing the federal balance billing protection law, at 1-800-985-3059
- The Virginia State Corporation Commission Bureau of Insurance at 877-310-6560 or via their website located at <https://scc.virginia.gov/pages/File-Complaint-Consumers>

Visit [cms.gov/nosurprises](https://cms.gov/nosurprises) for more information about your rights under federal law.

Consumers covered under (i) a fully-insured policy issued in Virginia, (ii) the Virginia state employee health benefit plan; or (iii) a self-funded group that opted-in to the Virginia protections are also protected from balance billing under Virginia law.

Visit [scc.virginia.gov/pages/BalanceBilling-Protection](https://scc.virginia.gov/pages/BalanceBilling-Protection) for more information about your rights under Virginia law.