

Sharon Rogers Kashkouli, LPCC, NCC, Resilient Counseling Service, 1400 Quail St, Suite 210, Newport Beach, CA 92660. (949)922-3775.

“No Surprises Act” 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 patients 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. This includes related costs like medical tests, prescription drugs, equipment, and hospital fees.
- Make sure your health care provider gives you a Good Faith Estimate in writing at least 1 business day before your medical service or item. You can also ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule an item or service.
- 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.

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call 1-800-985-3059.

Sharon Kashkouli, LPCC, NCC, Resilient Counseling Service, 1400 Quail St, Suite 210, Newport Beach, CA 92660. (949)922-3775.