

2021 BENEFITS CHECKLIST

RENEW COUNSELING,
CONSULTING, & WELLNESS
SERVICES



COVERAGE

- Call your insurance plan and verify your services are covered
- Ask about changes to your benefits
- Complete coordination of benefits by phone or online
- Request a hard copy of your insurance card to be mailed
- Download the digital copy of your insurance card
- Keep card in a safe place
- Report card lost or stolen if misplaced

CONTACT INFORMATION



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Piscataway, NJ 08854



www.rccwslc.com

BENEFITS

Understanding your plan benefits can simplify scheduling appointments and coordinating your care.

- Ask if mental health services are covered
- Ask if telehealth services are covered
- Ask if there is a limit on the number of sessions

OUT OF POCKET COSTS

LEARN WHAT YOUR COST-SHARING AMOUNT WILL BE BASED ON THE TYPE OF SERVICE

- Ask if you have a deductible
- Find out if your deductible is service specific or plan specific
- Ask about your copay or co-insurance
- Ask about Health Savings Account funds

TIPS

CREATE AN ACCOUNT

BY CREATING AN ONLINE ACCOUNT WITH YOUR HEALTHPLAN YOU CAN:

- Download important forms
- View insurance plan information
- View Claims

UPDATE DEMOGRAPHIC INFORMATION

MINIMIZE TIME DURING YOUR APPOINTMENT BY UPDATING THE FOLLOWING WITH YOUR HEALTHCARE PROVIDER :

- Address, phone number, and email
- Name changes
- Employment changes
- Change in health insurance

