



Insurance Updates and Holiday Closures

Insurance:

As we enter into the holiday season, this also marks the time to prepare for insurance to reset. Please view the common changes that may take effect on January 1st, 2025:

- You or your employer may have chosen a different insurer. (Please view my FAQs page to confirm I take your new insurance.)
- Your co-payment or co-insurance may have increased.
- Your annual deductible **will** reset. Please check to see if this impacts your mental health claims.

Call your insurer to verify any changes. Headway and Alma are estimates only. Your insurer will have full details. If you encounter an issue, please let me know so we can determine if there is an alternative step we can take to stay engaged.

****If you know your insurance has changed for 2025, please let me know ASAP to prevent any issues with billing and delays with our work.****

Office Closure Dates:

I will be out of the office on the following dates. If you are scheduled during this time, your appointment will be canceled. Please access the portal to see if there is an alternative appointment that meets your needs.

December 25th
January 1st.

**I look forward to continuing our work together.
Happy Holidays!**

For more information, visit:

305Therapy.com

aetna

UnitedHealthcare

Cigna

OSCAR