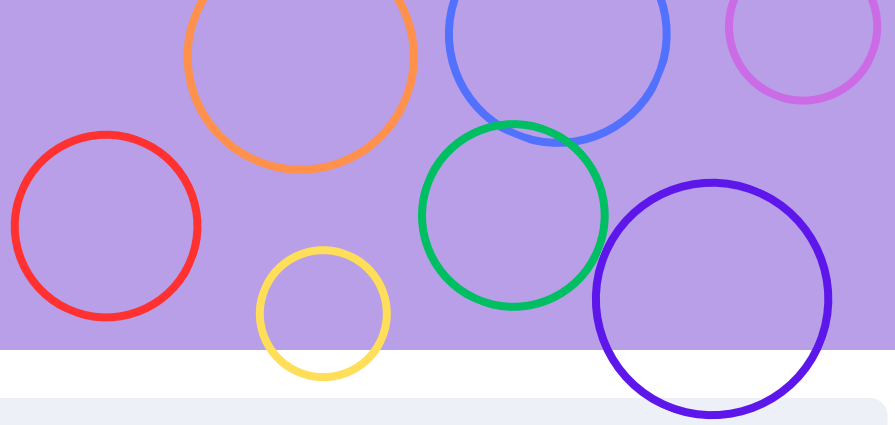




Holiday Scheduling, Annual Consent Forms, and Insurance Updates

Office Closure:

I will be out of the office on **November 23 - November 30** and will resume my schedule as normal on Monday, December 1st.

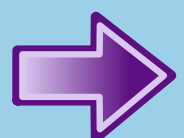
I do not currently have out of town plans for the remaining holiday season, but will update you if anything changes.

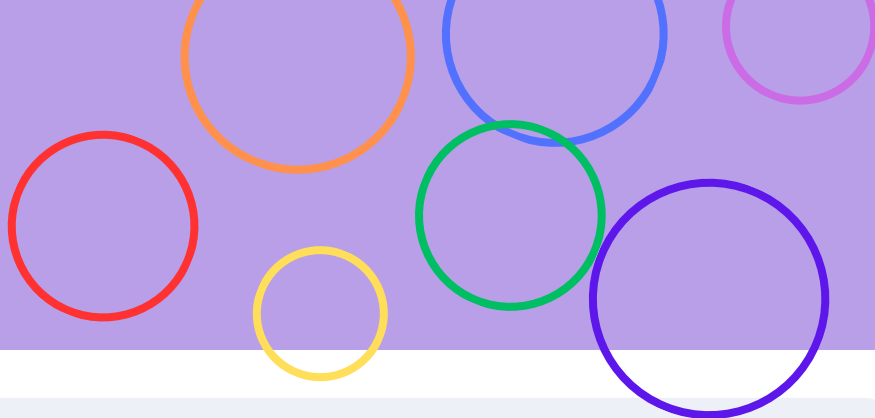
Client Holiday Planning:

To be mutually respectful of time off and planning, if you have travel plans for the holidays, please share them as soon as possible so I can make changes to the schedule to reflect availability for all clients, and schedule personal time off.

Annual Consent Forms:

You will be sent updated consent forms for 2026. This is a requirement for insurance, and is standardized across all client to maintain industry standards. Please make sure you read them prior to signing as they represent our working agreement. To prevent taking time in session, please sign them in the first week of January.





Insurance Reminder:

As the New Year is upon us, this also marks the time to prepare for insurance to reset. Please review these common changes that may take effect on January 1st, 2026:

- 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 changed.
- Your annual deductible will reset on January 1st. (Due to new federal legislation, this may not impact your mental health claims.)

Please call your insurer to verify any changes.

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.

Please remember, if your billing is processed through Alma, they are only able to approximate your charges based on the information your insurer provides to the national directories. Often, differences are only caught after claims are processed. To prevent this, please call your insurer and confirm your benefits match Alma's annual estimate in the new year. Please let me know if you need support with this.

All Clients, please send me the front and back of your new 2026 insurance card.

**Do not hesitate to contact me with any questions.
I look forward to our continued work together.
Happy Holidays!**