



January 11, 2021

RE: Provider Change in Insurance Network

Dear Client,

I am writing to inform you of a change in our insurance network here at A Strong Mind Psychiatry.

Please read this document in its entirety, as it has very important information for you to consider.

Our status with all insurances has change. We will no longer be an in-network provider with any other insurance plans, and are going to a direct pay model.

This decision has come as a result of my desire to put the client and the provider back at the center of care; cutting out bureaucracy, allowing treatment to be dictated by you, and re-establishing a pure relationship.

As prices in healthcare continue to rise, people are becoming more reliant on their insurance companies. These companies are raising premiums and deductibles, while increasing restrictions on the consumer; denying beneficial medications and treatment. Also lowering reimbursement rates to your provider.

Many providers, like myself, are making the choice to take back our autonomy, so that we may practice to our fullest scope of training, and better help our clients. This trend is on the rise, and will continue to gain traction. These alternative payment platforms are generally less expensive than most yearly deductibles.

I'd like share a very difficult and personal experience with you all; an experience that my family and I endured.

When my oldest son was sixteen, he fell, while snowboarding. He sustained a fractured (shattered) C-5) neck and spinal cord injury. He was paralyzed and diagnosed a quadriplegic. Our entire lives changed in a matter of seconds. After he was flown to St. Anthony's in Denver, where he underwent emergency surgery, and placed in ICU for a wee., They then, moved him to a medical/surgical floor. Our insurance company denied the neurologist and neurosurgeons referral for rehabilitation and the battle commenced. It was much added stress to our family crisis. The denials continued for 2 weeks, delaying my son's treatment. After countless hours on the that took me away from my son, we finally started to gain traction and he ultimately was approved for rehabilitation and spent six months at Craig Hospital. The second tragedy, was realizing that the insurance company's only motivation was to save money.

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I share this with you all because it is my motivation to have the ability to help my community, as I have always felt called to the service of others. When I worked in the emergency/trauma department at Memorial Central (now UHealth), I watched people die of depression and mental trauma, as well as children endure horrific abuse at the hands of those that they trusted. My help to the community extended to stabilizing someone after a tragic event. Sometimes we were successful and other times we were not. Although I do feel like I made an impact, I wanted to do more. I wanted to be on the preventative side, and help others before they get to that place of despair and hopelessness.

As I battle for all of your standard treatment on a regular basis, such as: prior authorizations for medication, referrals, testing, and diagnostics, I am continuously reminded of our family's experience every time I get pushback and refusals. The continuous denial of claims for recommended, standard, evidenced-based treatment forces me to spend time with tasks designed to save insurance companies money. I'd rather be collaborating with your outside providers, reading diagnostic results as soon as they are received and developing and implementing holistic treatment plans to promote good coping skills, social skills, organizational skills, sleep, nutrition, and exercise. I'd rather be doing therapy. I want more time to really talk to with my clients, as medication is only part of a treatment plan. Addressing your care with a lifestyle approach, decreases the need for some medications. I want to optimize client and provider relationship and time spent together. I want to make it pure again.

Moving to this direct care platform is an exciting change and I'm looking forward to getting to know you all better, as I will have more time to do that.

Effective immediately, I'm offering a direct-care platform (membership). There will be no hidden fees and I have the ability to adjust those fees according to your current yearly deductible. You will get the VIP treatment that you deserve.

I will be offering discounts on memberships to EMT's paramedics, firefighters, emergency room nurses, emergency room technicians, and law enforcement, DHS social workers, teachers, and pastors.

All discounts are extended to spouses and children.

Any foster child in temporary placement by the state, or any person who is terminally ill, will receive services for free.

I am negotiating low lab costs and will offer point of care prescriptions in-office.

If you'd like to see fees and more of what's coming to our practice, please visit our website at www.astrongmindpsychiatry.com.

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To help you navigate this change, please contact us for a complimentary, benefits check for you to help determine the exact difference our network status will make. If you have additional questions, please reach out to us. We are here for you. I appreciate you trusting me with your care, and I hope that I can continue to help you for many years to come.

For those that will be opting out of care with me, I will provide you medication refills and urgent care needs for 30 days and assist with in-network referrals.

My best,

Tanna Skinner, PMHNP-BC

A Strong Mind Psychiatry, Founder and CEO



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