



About Fees and Insurance

Our Fee for the 60 minute initial session is \$130. Follow up counseling sessions range from \$95-\$115 per session with our clinical level staff; depending on the session's length. We also have Graduate Interns who offer sessions for a reduced fee.

In order to keep our operating cost at a minimum, we ask the payment be made at the time of service. For your convenience, we accept cash, personal checks, Visa, Master Card and Discover. We will bill your insurance but you are responsible for payment in the event your insurance does not cover services provided.

We are in network with the following insurance plans:

- Blue Cross Blue Shield PPO
- Blue Cross Blue Shield Federal ● Blue Choice
- Tricare ● John Hopkins USFHP & EHP ● Military One Source
- Cigna ● Adventist Healthnet Network (Conifer)
- MHN ● Medicare ● Beacon Health Options

If your insurance company is not listed above, we may be able to offer you services as an "out of network provider". We understand that this can be a very confusing process and we are willing to assist you in any way to obtain the needed information to access your insurance benefits.

We also participate with several Employee Assistance Programs (EAP)'s which are a free service provided to you by your employer. You can check with your Human Resources department or call us directly to find out if we participate with your EAP.

For more information regarding fees or insurance, contact Mary Holzinger, owner at 301-865-2226 ext 300, or mh@liganorecandw.com.