



INNERPATH PARLOUR PSYCHOTHERAPY

Continuity of Care & Transition Guide



As I transition into private practice over the next few months, my priority is ensuring that you have adequate information, support, and time to make the decision that best meets your needs. You are under no obligation to continue working with me. You may continue with me through Innerpath Parlour, transfer to another Geode therapist, or transition to another therapist in Georgia. If you choose to transfer, I am happy to assist with referrals and help you find a provider that you feel comfortable with.



WHY IS THIS TRANSITION HAPPENING?

As many of you know, I am transitioning from my current position to my own private practice, Innerpath Parlour Psychotherapy. This change allows me greater flexibility in how I provide care and support clients. My goal throughout this process is to ensure that clients have clear information, adequate time to make decisions, and access to continued care regardless of which option they choose.



AM I REQUIRED TO CONTINUE THERAPY WITH YOU?

No.

You are under no obligation to continue services with me. You may choose to:

- Continue therapy with me through Innerpath Parlour
- Transfer to another therapist within Geode Health
- Transfer to another therapist in Georgia
- Pause therapy or pursue other treatment options

If you would like assistance identifying another provider, I am happy to help facilitate referrals and continuity-of-care planning.

WHY MIGHT THERE BE A TEMPORARY GAP BEFORE INSURANCE IS ACCEPTED?

Professional licensure and insurance credentialing are separate processes.

Once a provider becomes fully licensed, insurance companies often require additional time to complete their credentialing and contracting processes before services can be billed as in-network.

Because of this, there may be a temporary period during which I am able to practice but am not yet in-network with all insurance companies.

CAN I CONTINUE THERAPY DURING THAT TIME?

Yes you can.

Clients who wish to continue services during the credentialing period may choose to utilize private-pay services while insurance credentialing is being completed.

This allows for continuity of care without interruption in treatment.

WHAT IS THE PRIVATE-PAY FEE?

The private-pay fee during the transition period is: \$175

WHAT IS A SUPERBILL?

A superbill is a detailed receipt that contains the information many insurance companies require when reviewing requests for out-of-network reimbursement.

If requested, a superbill can be provided following your session.

Clients may then submit the superbill directly to their insurance company for review.

WILL MY INSURANCE REIMBURSE ME IF I SUBMIT A SUPERBILL?

Some insurance plans provide reimbursement for out-of-network mental health services, while others do not. The easiest way is to call the Member Services number on the back of your insurance card.

Coverage varies based on:

- Your individual insurance plan
- Employer-sponsored benefits
- Deductibles
- Out-of-network benefits
- Telehealth coverage

Taking notes during this conversation can help you better understand your options.

WHAT HAPPENS IF I DECIDE NOT TO CONTINUE?

If you choose not to continue services with me, I am happy to assist with identifying alternative providers, whether within Geode Health or elsewhere in Georgia. We will continue our sessions as normal and shift to examining our therapeutic journey together and how it can inform continued personal growth

HOW LONG DOES INSURANCE CREDENTIALING USUALLY TAKE?

Credentialing timelines vary significantly between insurance companies and can range from several weeks to several months.

While every effort is made to complete the process as efficiently as possible, exact timelines cannot be guaranteed.



INSURANCE PLANS IN-NETWORK



ANTHEM	AETNA
<ul style="list-style-type: none">• Carelon Behavioral Health, Inc.• Sutter Health Plan• Emblem PPO Plan <p><u>Anthem Blue Cross Blue Shield Regional State Plans</u></p> <p>Colorado, Connecticut, Indiana, Kentucky, Maine, Missouri, Nevada, New Hampshire, Ohio, Massachusetts, West Virginia, Wisconsin</p>	<ul style="list-style-type: none">• Aetna• Meritain• HealthScope• Trustmark• Trustmark Small Business Benefits• Christian Brothers Services• Allied Benefit Systems• Nippon
OPTUM	CIGNA
<ul style="list-style-type: none">• UnitedHealthcare (UHC)• UHC Shared Services (UHSS)• UHC Student Resources• Oscar• Oxford• UMR• Surest• All Savers• Select Health• Medica• Health Plans Inc.• Mass General Brigham Health Plan• NYC Employees PPO Plan	<ul style="list-style-type: none">• Cigna• Allegiance• Professional Benefit Administrators• Wellfleet Group• Southwest Service Administrators• Paragon Benefits• S&S Healthcare Strategies• Tall Tree Administrators• Daniel H. Cook Administrators





CONSIDERING YOUR NEXT STEPS

As you reflect on your options, please indicate which path currently feels most aligned with your needs. These selections are not binding and may be changed at any time.

AT THIS TIME, I AM:

- Interested in continuing therapy with Jensina through Innerpath Parlour
- Interested in continuing therapy but would like additional information before deciding
- Considering waiting until insurance credentialing is completed
- Exploring alternative providers and would appreciate referral assistance
- Unsure and would like to discuss my options further

I CHOOSE TO CONTINUE THE THERAPEUTIC RELATIONSHIP:

- I am interested in utilizing private-pay services during the credentialing period
- I would like additional information regarding superbills and potential reimbursement
- I would like to discuss scheduling options



CONTACT & INSURANCE INFORMATION

Name		Insurance	
DOB		Member ID	
Phone		Plan Name	
Email		Group	

SCHEDULING & COMMUNICATION PREFERENCES

Preferred Days	Preferred Appointment Times
<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Weekend	<input type="checkbox"/> Early Morning (7-9 AM) <input type="checkbox"/> Morning (9 AM-12 PM) <input type="checkbox"/> Midday (12-3 PM) <input type="checkbox"/> Afternoon (3-5 PM) <input type="checkbox"/> Evening (After 5 PM) <input type="checkbox"/> Weekends
Preferred Frequency	Preferred Method of Communication
<input type="checkbox"/> Weekly <input type="checkbox"/> Every Other Week <input type="checkbox"/> Monthly <input type="checkbox"/> As Needed	<input type="checkbox"/> Phone Call <input type="checkbox"/> Text Message <input type="checkbox"/> Email





LOOKING AHEAD

One of the privileges of therapy is having the opportunity to pause and reflect on how far we have come. As we consider the next chapter of your care, I invite you to spend a few moments reflecting on the questions below.



What progress are you most proud of since beginning therapy?

What strengths or qualities have helped you navigate challenges and support your growth?

What areas of your life would you most like to continue exploring or strengthening?

What goals feel most meaningful or important to you over the next year?

What has been most helpful about our work together?

Is there anything you would like more of, less of, or done differently in therapy moving forward?

ACKNOWLEDGEMENT

I understand that I have been informed of available options regarding continuity of care during my therapist's transition to private practice.

Signature: _____ Date: _____

CONTACT ME

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