

- Out-of-network therapy?
- How to get reimbursed with superbills

What is a superbill?

- A superbill is a detailed invoice that outlines the therapy services you received. You can submit it to your insurance company for out-of-network reimbursement.

How to get reimbursed with a superbill:

- Call your insurance company to verify your out-of-network benefits.
- Ask your therapist for a superbill after each session.

How to get reimbursed with a superbill:

- Submit the superbill to your insurance company, along with any required forms.
- Keep track of your receipts and follow up with your insurance company if you don't receive reimbursement within a few weeks.

Get the most out of your therapy sessions

- Using a superbill can help you afford therapy even if your therapist is out-of-network. Don't let cost be a barrier to getting the mental health care you need.

Find this helpful?

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