

January 3, 2022

Hello Dear Clients,

I am writing to you for two reasons.

I am writing to wish you a very Happy New Year, with appreciation for the time we have spent together and gratitude for your trust in me to be part of the important and sacred relationship work you are doing.

Additionally, I want to inform you that congress recently passed the **No Surprises Act**, which – among other things – requires medical providers to issue a **Good Faith Estimate** to patients. This Act appears to mainly be intended to reduce unexpected medical bills for medical patients. As an example, you have surgery that is covered by your insurance and then get a huge bill from the anesthesiologist, who turns out to be out-of-network for your plan. I believe the No Surprises Act is very important for these kinds of situations, but its application to my practice is unclear at the moment.

From what I've read, this law is stated to go into effect January 1, 2022 but information provided about the law states "complexities of the requirements make it virtually impossible for providers to comply by January 1, 2022." For this reason and from what I understand to be true, the Departments of Labor, Health and Human Services, and the Treasury decided to defer implementation and/or enforcement of the requirements until future rulemaking and/or July 1, 2022 and/or 2023 depending on the specific requirement.

I will be tracking the development of this Act, and what may be required. I want to be sure I am acting within my ethical and legal requirements while serving you in the best way possible.

In regard to the concept of providing a **Good Faith Estimate**, I will add that I feel good about my communication with my clients: My rates are clear on my website and are spelled out in my practice policies, which is a document provided to, and completed by, each client prior to scheduling any sessions. Further, as my client, you stay in charge of when and how often you wish to meet. This inherently means clients are not surprised by amounts charged, and that any additional requirements are likely to be redundant.

Also, I think it's fair to say that I cannot estimate the length of time for your particular treatment, as the course depends on individual circumstances and/or additional issues that may arise. If you ever wish to determine the total estimated cost over the course of a year, you could simply multiply the fee per session by the number of anticipated sessions. For example, if you see me biweekly, then you would multiply my session fee x 26 weeks to get a total annual estimated cost (not including missed sessions for illness, holidays, vacation, etc.).

In this next year, I wish you, and your loved ones, good health, peace and joy. I look forward to continuing our work in 2022.

With respect, admiration, and appreciation,

Marlene Meinelt LICSW, CST