

Superbill Information and Process

Restoration is a private pay clinic, thus we are considered out-of-network. We accept HSA/FSA credit cards and some of our clients choose to self-submit to insurance via a superbill.

What is a superbill? How does it work?

A superbill is a document that provides information regarding therapeutic services rendered that you may choose to submit to your insurance company to be reimbursed for services. Each insurance company has different policies and procedures on what they cover and reimburse for. Restoration is not responsible for submitting to insurance, this would be at your own will. If you choose to submit to insurance, your therapist will send you a superbill via email from Simple Practice.

What are the risks/benefits?

- If you choose to submit to insurance:
 - A major mental health diagnosis will be required by insurance and will be added to your medical health record
 - The insurance company has access to your records and the right to audit your files
 - The insurance company may choose to recall the money they reimbursed if they find reason
- Choosing private pay means that you have complete privacy to your records and your treatment will not require a major mental health diagnosis.

What do I need to do?

1. Contact your insurance company and ask about what is covered/reimbursed for **out-of-network** mental health care providers.
2. Be sure to specify if your therapist is provisionally licensed or fully licensed and check if that is also covered.
3. Ask about what information is needed to submit for reimbursement (usually the document required is only a superbill).