

Optimal Treatment for Anxiety

1. At The Ross Center, we do not participate with any insurance companies, meaning we are not in-network providers. However, many insurance plans offer out-of-network benefits that may reimburse you for a portion of our services. Here's how you can explore this option:
2. **Verify Out-of-Network Benefits:** Contact your insurance company to inquire about your out-of-network provider benefits. Ask what percentage of the charges they typically reimburse and if there are any specific procedures or forms required.
3. **Understand Procedure Codes:** On your receipt from The Ross Center, you will find important details such as the procedure code (CPT code) and diagnosis code (ICD-10 code). These codes are necessary when communicating with your insurance company about reimbursement.
4. **Deductible Information:** Determine your deductible amount with your insurance company. This is the amount you must pay out-of-pocket before your insurance begins to reimburse you. It's helpful to know how much of your deductible you've already met.
5. **Submitting Claims:** After paying for services at The Ross Center, you will need to submit a medical claim form to your insurance company for reimbursement. You can typically find the form and submission instructions on your insurance company's website.
6. **Important Note on Claim Form:** When filling out the claim form, do not check the assignment box. If checked, reimbursement will be sent directly to The Ross Center, requiring us to return the check to you for re-submission to your insurance company, which may delay your reimbursement.
7. **Mail Completed Claims:** Complete the claim form with all required information and attach a copy of your receipt from The Ross Center. Mail these documents to your insurance company's claims address.
8. **Allow Time for Processing:** Reimbursement typically takes 30-60 days, but this may vary by insurance company.
9. **Our Role and Limitations:** While we are happy to assist with general questions, please note that insurance policies and benefits vary widely. We cannot guarantee how your insurer will process claims or what amount they will reimburse.

Below are some codes and charges that may be helpful when you call your insurance carrier. If you have any further questions or need assistance, please don't hesitate to reach out. We are here to support you through this process.

Initial evaluation with psychiatrist- 99205

Initial evaluation with therapist- 90791

Follow up sessions with psychiatrist- 99214

Individual therapy sessions- 90834(45min)
or 90837(60min)

Group therapy sessions- 90853

DBT group for teens- Group 90853

Individual Therapy 90834

DBT group for adults- 90853

Social Anxiety Group-90853

Resilience Builder Group-90853

REACH group-90853

SPACE group- 90853

Note: *Virtual sessions will have a modifier on the code of 95 to indicate telehealth.*

Sample ICD-10 (Diagnosis) Codes:

Major Depressive Disorder, Recurrent – F33.1

Generalized Anxiety Disorder – F41.1

ADHD, Unspecified – F90.0

You can refer to [SheerHealth.com](https://www.sheerhealth.com) for help in determining your out-of-network benefits.

sheer health™

Maximize your insurance benefits

Sheer Health enables patients to easily submit out-of-network claims and maximize their benefits with confidence. We've already saved our members over \$5M in reimbursements and millions of hours fighting with insurance.

How we help



Submit out-of-network claims

We maximize your out-of-network reimbursements by submitting on your behalf and fixing any processing issues that occur.



Make the most of your insurance benefits.

We'll inform you of what's covered under your plan, and flag any unused benefits so you can maximize your care and savings.



In-network costs

Check with us before an in-network visit. We'll estimate your out of pocket costs and help ensure you get billed the right amount.



Don't pay more than you should for prescriptions.

We'll recommend copay assistance programs for you to lower out-of-pocket prescription costs.



Select the best plan for your family.

By analyzing your past claims and healthcare usage, we'll help you choose the best health insurance plan for your family.

To Join

1

Download the Sheer Health app using the QR code, or sign up [here](#) for free today.

2

Connect your insurance directly from our app or at [sheerhealth.com](https://www.sheerhealth.com).

3

Send us your bills or questions in our app. We'll get started with your free claims audit & benefits summary.



Learn more about us [here](#), or visit us at [sheerhealth.com](https://www.sheerhealth.com).

Thank you for using The Ross Center.

If you have any questions, please contact one of our patient care coordinators.

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