



Out-of-Network Benefits:

Quick Reference Guide

Houston Anxiety & Wellness Center operates as a private-pay practice by design. This allows us to deliver truly client-centered treatment while maintaining the highest level of confidentiality. **This means we are out-of-network with all insurance companies,** however, we are happy to support clients who opt to use their out-of-network benefits.

- Many clients receive **50–80% reimbursement** through their out-of-network benefits
- We happily provide detailed superbills after each session to simplify insurance submissions
- You maintain control of all insurance communications, keeping your information private



How to Verify Your Out-Of-Network (OON) Benefits

Call your insurance company to check if your insurance offers OON mental health benefits.

Be sure to verify:

- ☐ Your out-of-network deductible, and how much you've met this year
- ☐ What percentage they cover after meeting your deductible
- ☐ Any session limits or maximum allowable amounts

If your plan *does* have OON benefits, decide whether you'll submit claims yourself or use a service like [Reimbursify](#) or [Thrizer](#).



Other Ways to Make Therapy More Affordable

- ☐ **Use HSA/FSA accounts** – Pay with pre-tax dollars for a 20–30% average savings.
- ☐ **Keep receipts for taxes** – Medical expenses exceeding 7.5% of adjusted gross income may be tax-deductible ([source](#)).
- ☐ **Work with our Doctoral Clinicians** – Quality care at reduced rates with licensed supervision
- ☐ **Ask about sliding scale** – Limited spots available based on financial need





How to Submit for Out-Of-Network (OON) Reimbursement

Option 1: DIY Submission

1. Receive superbill from us after your session
2. Submit to your insurance through their online portal or claim form
3. Typically receive reimbursement in 2–6 weeks

Option 2: Use a Third-Party Service

- Services like [Reimbursify](#) or [Thrizer](#) can handle insurance OON submissions for you
- They verify your benefits and track your claims
- They charge a small fee per claim



Session Fees

- **Licensed Psychologists:** \$255 for follow-up sessions, \$330 for initial evaluations
- **Licensed Professional Counselors:** \$190 for follow-up sessions, \$250 for initial evaluations
- **Licensed Professional Counselor – Associates*:** \$160 for follow-up sessions, \$215 for initial evaluations
- **Doctoral Clinicians and Counseling Interns*:** Starting at \$130 per session. Sliding scale options are available according to need and availability (\$50–\$75 per session)

Payment is due at the time of service.

**Associates, Doctoral Clinicians, and Interns are all supervised by fully licensed providers.*

Questions

While we keep our focus on your care rather than insurance matters, **we are always happy to answer your questions about scheduling, payment, and superbills!**



Info@HoustonAnxiety.com



832-205-8120



4306 Yoakum Boulevard, Suite 510
Houston, Texas 77006

Expert Anxiety and OCD Care for Kids, Teens, and Adults.

Houston Anxiety & Wellness Center | © 2025 All Rights Reserved

