

AFFORDABLE CARE • NO ONE TURNED AWAY

Care that fits your budget

Our **Sliding Fee Scale** lowers the cost of therapy and psychiatry based on your household size and income — so cost never stands between your family and the care you need.



No one is ever turned away because they can't pay. If you're facing hardship beyond the scale below, ask us about flexible payment options.

What you'll pay & how to find your slide

2026 Federal Poverty Level (FPL) guidelines



Find your household size on the left, then read across to you land in shows your price per visit.

	Slide A ≤100% FPL \$35 PER VISIT	Slide B ≤125% FPL \$40 PER VISIT	Slide C ≤150% FPL \$45 PER VISIT	Slide D ≤150% FPL \$55 PER VISIT	Slide E ≤200% FPL \$65 PER VISIT	Slide F >200% FPL Standard BY INSURANCE
1 - Individual	up to \$15,960	\$19,950	\$23,940	\$27,930	\$31,920	\$31,920+
2 people	up to \$21,640	\$27,050	\$32,460	\$37,870	\$43,280	\$43,280+
3 people	up to \$27,320	\$34,150	\$40,980	\$47,810	\$54,640	\$54,640+
4 people	up to \$33,000	\$41,250	\$49,500	\$57,750	\$66,000	\$66,000+
5 people	up to \$38,680	\$48,350	\$58,020	\$67,690	\$77,360	\$77,360+
6 people	up to \$44,360	\$55,450	\$66,540	\$77,630	\$88,720	\$88,720+

Each amount is the upper yearly income limited for that slide. Household of 7 or more? Add \$5,680 per additional person to the 100% FPL column—we'll calculate the rest with you.



Same price for both therapy (non-medication management) & psychiatry (medication management)—your rate depends only on household income.

GETTING STARTED

How it works

Three simple steps — we'll guide you through each one

STEP 01

Share your income

Bring one proof-of-income document within 30 days of your appointment

STEP 02

We find your slide

We match your household size and income to a slide (A-F) on the chart.

STEP 03

You pay the lower rate

That discounted fee is what you owe per visit — no surprises.

Slide F • above 200% FPL

Standard fee, billed to your insurance

UNINSURED

\$96 therapy
\$150 psychiatry

MEDICARE

\$35 per visit

COMMERCIAL

Per your plan

What to bring

- W-2, recent pay stub, or employer letter
- Social Security (SSA) award letter
- Most recent bank statement
- Self-employed; 2 months of income & expense records

Just one document is needed, submitted within 30 days of your appointment

Not covered by the discount

- ✗ Medications & prescriptions
- ✗ Medical supplies
- ✗ Speciality care referrals
- ✗ Outside imaging or lab services
- ✗ Out-of-scope services

The Sliding Fee Scale covers therapy (non-medication management) and psychiatry (medication management) visits at Backpack Healthcare. This is the complete list of services included in the program —if a service isn't listed as covered, it falls outside the program.

Ready to get started?

Talk with a Backpack Healthcare representative to confirm your slide and book your first visit. We're here to make this easy.

EMAIL partners@hellobackpack.com

CALL/TEXT 1-866-968-6342

Federal Poverty Level guidelines are set by the U.S. government and updated annually; the figures above reflect 2026 guidelines and are provided to help you estimate your slide. For the most current figures visit [healthcare.gov](https://www.healthcare.gov). This schedule is publicly displayed at Backpack Healthcare and posted at www.hellobackpack.com.