

ABIDE COUNSELING COLLECTIVE

NOTICE OF YOUR RIGHT TO A GOOD FAITH ESTIMATE

Effective Date: August 10, 2026

Your Right to a Good Faith Estimate

Under the federal No Surprises Act (45 C.F.R. § 149.610), you have the right to receive a Good Faith Estimate (“GFE”) of expected charges for mental health services if you are uninsured, or if you are enrolled in a health plan but do not plan to submit a claim for these services to your insurance (“self-pay”).

A Good Faith Estimate shows the costs we expect for the services we anticipate providing over your estimated period of care — individual, couples, premarital, or teen counseling sessions — itemized by service code and expected frequency.

When You Will Receive It

- If your first service is scheduled at least 3 business days in advance, you will receive your GFE no later than 1 business day after scheduling.
- If your first service is scheduled at least 10 business days in advance, you will receive your GFE no later than 3 business days after scheduling.
- If you request a GFE without scheduling a service, you will receive it within 3 business days of your request.

What to Know Before You Receive Services

- Your GFE is based on information known to us at the time it is created. Actual charges may differ if unforeseen circumstances arise during care — for example, if your clinical needs change.
- A Good Faith Estimate is not a contract. It does not obligate you to receive services from Abide.
- If your actual bill from Abide is \$400 or more above your Good Faith Estimate, you have the right to dispute the bill through the U.S. Department of Health and Human Services Patient-Provider Dispute Resolution (PPDR) process. You must start this dispute within 120 calendar days of receiving the original bill.
- Keep a copy of your Good Faith Estimate so you can compare it to any bill you receive.

How to Request One

Contact us at 818-584-1442 or hello@abidecounselingcollective.com to request a Good Faith Estimate. For more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call 1-800-985-3059.