

Good Faith Estimate Notice

Your right to an estimate of expected charges | Effective August 5, 2026

You have the right to receive a written Good Faith Estimate explaining how much your health care is expected to cost when you do not have insurance or do not plan to use insurance to pay for care.

Who Is Eligible

You are generally entitled to a Good Faith Estimate when you are uninsured or when you have insurance but do not plan to submit the services to your health plan. This includes people choosing to self-pay for a covered service.

When You Will Receive an Estimate

- When you request a Good Faith Estimate before scheduling, it will generally be provided within 3 business days after the request.
- When a service is scheduled at least 10 business days in advance, the estimate will generally be provided within 3 business days after scheduling.
- When a service is scheduled 3 to 9 business days in advance, the estimate will generally be provided within 1 business day after scheduling.
- A Good Faith Estimate is generally not required when care is scheduled fewer than 3 business days in advance or is provided in an emergency.

What the Estimate Will Include

An individualized Good Faith Estimate will identify the expected services and charges that can reasonably be anticipated at the time the estimate is prepared. For ongoing therapy, the estimate may use the expected frequency of sessions and an estimated period of care. Because clinical needs, attendance, treatment duration, insurance choices, and service frequency can change, the estimate is not a contract and does not require you to receive the listed services.

The estimate may not include unexpected services that could reasonably be required because of new information or changes in your needs. Services provided by another provider or facility may require a separate estimate from that provider or facility.

Your Right to Request an Estimate

You may request a written Good Faith Estimate at any time before scheduling or receiving self-pay services. Contact Inspirational Legacies Wellness & Media LLC at treena@inspirationallegacies.com or (509) 992-9249. The individualized estimate will be provided on paper or electronically according to your preference.

If the Final Bill Is Higher Than the Estimate

Keep a copy of your Good Faith Estimate. If a bill from this provider is at least \$400 more than the amount shown on the estimate for that provider, you may be eligible to use the federal patient-provider dispute resolution process. You may also contact the practice first to ask about the bill and whether an error or unanticipated service explains the difference.

Beginning a dispute does not waive your right to negotiate the bill. Federal rules may limit collection activity while an eligible dispute is pending.

Important Limits

- A Good Faith Estimate is not a bill.
- It does not guarantee that the actual number of sessions or total cost will remain unchanged.
- It does not determine whether a health plan will cover or reimburse a service.
- It applies to expected charges from the provider or facility identified in the estimate. Other providers may issue separate estimates.
- You are not required to waive your right to a Good Faith Estimate.

Questions or Requests

Treena Sather-Head, MSW, LICSW, LMHC
Inspirational Legacies Wellness & Media LLC
Email: treena@inspirationallegacies.com
Phone: (509) 992-9249
Fax: (509) 606-3018
Website: inspirationallegacies.com

For federal information about Good Faith Estimates, surprise billing protections, complaints, and patient-provider payment disputes, visit the Centers for Medicare & Medicaid Services No Surprises resources or call the No Surprises Help Desk at 1-800-985-3059.

Website notice only: This document explains the right to receive a Good Faith Estimate. It is not an individualized estimate. A separate written estimate with expected services and charges will be provided to an eligible uninsured or self-pay individual when requested or required.