

Kabanata Psychology

Your Right to a Good Faith Estimate

You have the right to receive a Good Faith Estimate explaining how much your health care is expected to cost.

If you do not have health insurance, or if you have insurance but do not plan to use it to pay for your care, federal law generally requires health care providers to give you a Good Faith Estimate of expected charges when you request one or when you schedule care at least 3 business days in advance.

If you schedule care 3-9 business days in advance, you should receive the estimate within 1 business day after scheduling. If you schedule care 10 or more business days in advance, you should receive the estimate within 3 business days after scheduling. You may also request a Good Faith Estimate before scheduling care; in that case, it should generally be provided within 3 business days after your request.

If a bill from a provider or facility is at least \$400 more than the Good Faith Estimate from that provider or facility, you may be able to dispute the bill through the federal patient-provider dispute resolution process.

A Good Faith Estimate is not a bill. Please keep a copy of any Good Faith Estimate you receive so you can compare it with future bills.

Requesting an estimate

To request a Good Faith Estimate from Kabanata Psychology, contact Laurice Cabrera, PhD, Licensed Psychologist, at drcabrera@kabanatapsychology.com or 385-215-9686.

For more information about your rights, visit the Centers for Medicare & Medicaid Services Medical Bill Rights website at cms.gov/medical-bill-rights or call the No Surprises Help Desk at 1-800-985-3059.

Effective August 8, 2026