

Details of Service & Items for Full licensed providers:

LMHC & LISW

Service	Locations where service could be provided**	Diagnosis code*	Service code	Quantity	Expected Cost
Initial diagnostic visit	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90791	1	\$180.00
Individual therapy 30 min	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90832	1-50 visits	\$80/visit
Individual therapy 45 min	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90834	1-50 visits	\$120/visit
Individual therapy 60 min	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90837	1-50 visits	\$160/visit
PSYCHOTHERAPY FOR CRISIS INITIAL 60 MINUTES***	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90839	1-50 visits- as needed for crisis	\$160/visit
PSYCHOTHERAPY FOR CRISIS EACH ADDL 30 MINUTES***	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90840	1-50 visits- as needed for crisis	\$100/visit
Couples and/or Family Therapy 45 min with or without patient	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90847/ 90846	1-50 visits	\$160/visit
Group therapy 60 min	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90853	1-50 visits	\$160/visit
Group therapy 120 min	Ankeny, West Des Moines, or Pleasant Hill offices**	z13.3*	90853	1-50 visits	\$320/visit
No show or cancel with less than 24-hour notice	n/a	n/a	No Show	as needed	\$100each

* Diagnosis codes are determined over the course of treatment and do not affect the expected cost of services.

** Location addresses can be found on our website. The location does not affect the expected cost of services.

*** 90839 & 90840 are billed together, and cost would be combined for that date of service. This is for crisis sessions only; they are considered emergency services and are thus exempt from the good faith estimate limitations as required by law.

Details of Service & Items for temporary licensed providers:

T-LMHC & LMSW

Service	Locations where service could be provided**	Diagnosis code	Service code	Quantity	Expected Cost
Initial diagnostic visit	Ankeny or West Des Moines	z13.3*	90791	1	\$150.00
Individual therapy 30 min	Ankeny or West Des Moines	z13.3*	90832	1-50 visits	\$65/visit
Individual therapy 45 min	Ankeny or West Des Moines	z13.3*	90834	1-50 visits	\$100/visit
Individual therapy 60 min	Ankeny or West Des Moines	z13.3*	90837	1-50 visits	\$130/visit
PSYCHOTHERAPY FOR CRISIS INITIAL 60 MINUTES***	Ankeny or West Des Moines	z13.3*	90839	1-50 visits- as needed for crisis	\$130/visit
PSYCHOTHERAPY FOR CRISIS EACH ADDL 30 MINUTES***	Ankeny or West Des Moines	z13.3*	90840	1-50 visits- as needed for crisis	\$75/visit
Couples and/or Family Therapy 45 min with or without patient	Ankeny or West Des Moines	z13.3*	90847/ 90846	1-50 visits	\$130/visit
Group therapy 60 min	Ankeny or West Des Moines	z13.3*	90853	1-50 visits	\$130/visit
Group therapy 120 min	Ankeny or West Des Moines	z13.3*	90853	1-50 visits	\$250/visit
No show or cancel with less than 24-hour notice	n/a	n/a	No Show	as needed	\$100each

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*** 90839 & 90840 are billed together, and cost would be combined for that date of service. This is for crisis sessions only; they are considered emergency services and are thus exempt from the good faith estimate limitations as required by law.

January 2025 Good Faith Estimate Costs- New Life Counseling, PC

Prices are subject to change and will be updated on our website

Details of Service & Items for doctorate level providers:

Dr. Don Gilbert

Service	Locations where service could be provided**	Diagnosis code	Service code	Quantity	Expected Cost
Initial diagnostic visit	Ankeny or West Des Moines	z13.3*	90791	1	\$200.00
Individual therapy 30 min	Ankeny or West Des Moines	z13.3*	90832	1-50 visits	\$90/visit
Individual therapy 45 min	Ankeny or West Des Moines	z13.3*	90834	1-50 visits	\$140/visit
Individual therapy 60 min	Ankeny or West Des Moines	z13.3*	90837	1-50 visits	\$180/visit
Couples and/or Family Therapy 45 min with or without patient	Ankeny or West Des Moines	z13.3*	90847/ 90846	1-50 visits	\$180/visit
PSYCHOTHERAPY FOR CRISIS INITIAL 60 MINUTES***	Ankeny or West Des Moines	z13.3*	90839	1-50 visits- as needed for crisis	\$180/visit
PSYCHOTHERAPY FOR CRISIS EACH ADDL 30 MINUTES***	Ankeny or West Des Moines	z13.3*	90840	1-50 visits- as needed for crisis	\$130/ visit
Group therapy 60 min	Ankeny or West Des Moines	z13.3*	90853	1-50 visits	\$180/visit
Group therapy 120 min	Ankeny or West Des Moines	z13.3*	90853	1-50 visits	\$360/visit
No show or cancel with less than 24-hour notice	n/a	n/a	No Show	as needed	\$100 each

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Details of Service & Items for Intern level providers:

Service	Locations where service could be provided**	Diagnosis code	Service code	Quantity	Expected Cost***
Initial diagnostic visit	Ankeny or West Des Moines	z13.3*	90791	1	\$40
Individual therapy 30 min	Ankeny or West Des Moines	z13.3*	90832	1-50 visits	\$25/visit
Individual therapy 45 min	Ankeny or West Des Moines	z13.3*	90834	1-50 visits	\$30/visit
Individual therapy 60 min	Ankeny or West Des Moines	z13.3*	90837	1-50 visits	\$40/visit
Couples and/or Family Therapy 45 min with or without patient	Ankeny or West Des Moines	z13.3*	90847	1-50 visits	\$40/visit
No show or cancel with less than 24-hour notice	n/a	n/a	No Show	as needed	\$25 each

* Diagnosis codes are determined over the course of treatment and do not affect the expected cost of services.

** Location addresses can be found on our website. The location does not affect the expected cost of services.

Details of Service & Items for Wellness providers:

Linda Wilcox

Service	Locations where service could be provided**	Diagnosis code*	Service code	Quantity	Expected Cost
nutrition assessment- 60 min	Ankeny, West Des Moines, or Pleasant Hill offices	z71.3*	97802	1-50 visits	\$120/visit
nutrition re-assessment/ follow up- 15min unit	Ankeny, West Des Moines, or Pleasant Hill offices	z71.3*	97803	1-50 visits	\$30/unit
nutritional therapy group (2 individuals)- 30 min	Ankeny, West Des Moines, or Pleasant Hill offices	z71.3*	97804 (2)	1-50 visits	\$65 each
nutritional therapy group (3 individuals)- 30 min	Ankeny, West Des Moines, or Pleasant Hill offices	z71.3*	97804 (3)	1-50 visits	\$40 each
No show or cancel with less than 24-hour notice	n/a	n/a	No Show	as needed	\$60 each

* Diagnosis is not in the scope of practice and does not affect the expected cost of services.

** Location addresses can be found on our website. The location does not affect the expected cost of services.

Details of Service & Items for all providers

Communication outside of session (excludes communication about scheduling)

Service ***	Locations where service could be provided**	Diagnosis code*	Service code	Quantity	Expected Cost
Phone communication 1-10 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	no charge	1-50 visits	\$0.00
Phone communication 11-20 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98967	1-50 visits	\$20 each
Phone communication 21-30 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98968	1-50 visits	\$40 each
Phone communication 31-50 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98967 + 98968	1-50 visits	\$60 each
Phone communication 51-60 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98968 + 98968	1-50 visits	\$80 each
Email communication 1-10 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	no charge	1-50 visits	\$0.00
Email communication 11-20 minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98971	1-50 visits	\$20 each
Email communication 21+ minutes in 7-day period	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	98972	1-50 visits	\$40 each
Psychotherapy- Complex interactive add-on****	Ankeny, West Des Moines, or Pleasant Hill offices	z13.3*	90785	1-50 visits	\$15 each

* Diagnosis codes are determined over the course of treatment and do not affect the expected cost of services.

** Location addresses can be found on our website. The location does not affect the expected cost of services.

*** charges for these services are at the discretion of the provider.

**** add-on codes are in addition to another applicable service

Details of Service & Items for Psychological Testing & Coaching Services:

Dr. Don Gilbert

Service	Locations where service could be provided**	Diagnosis code	Service code	Quantity	Expected Cost
Initial Consultation visit	Ankeny or West Des Moines	z13.3*	ADHD1COA	1 Hour	\$250.00
Follow Up- ADHD Testing & Coaching	Ankeny or West Des Moines	z13.3*	ADHD2COA	1 Hour	\$250.00
Any Additional ADHD Testing & Coaching Follow Up Visits	Ankeny or West Des Moines	z13.3*	ADHD2COA	1-6 as needed	\$250/unit
Dr. Don Coaching Session	Ankeny or West Des Moines	z13.3*	COACH	1 Hour	\$250/unit
Dr. Don Coaching Session 3-month Pkg.	Ankeny or West Des Moines	z13.3*	COACH	6 Hours	\$1400

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