

Insurance Information

Directions Counseling Group and its providers are not contracted with any insurance company.

You may choose to submit a claim to your insurance company for possible reimbursement based on your policy's out-of-network benefits. Ask for a receipt for insurance at the time of your visit, and we will provide you with the necessary information to submit your claim to your insurance company.

It is important to understand your policy's coverage. Here are some important questions to ask your insurance company to determine your benefit level:

1. What are my out-of-network, outpatient mental health benefits?
2. Do I have a deductible? If so, what is the amount?
3. What is my co-pay percentage?
4. How many visits do I have per calendar/policy year?
5. Do I need precertification/preauthorization for my visits? If so, can I get a precertification/preauthorization number, how many visits does this authorize and what are the effective dates for this authorization?
6. What is the effective date of my coverage?
7. Does my policy cover my counselor's credentials*? (See our counselors page for a list of counselors and their credentials.)

All clients and parent(s) or guardian(s) of clients are responsible for understanding and abiding by the benefits of their individual insurance policy.

*Some states vary in their credential designations. Please note that LPC and PC are the same licensures; LPCC and PCC are the same licensures.