



Nourish 2 Thrive LLC
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GOOD FAITH ESTIMATE - NUTRITION SERVICES Under the No Surprises Act

As of January 1, 2022, all healthcare providers are required to provide estimates for the cost of your care. You are entitled to receive a copy of your Good Faith Estimate (GFE) when you schedule an appointment and/or upon request as per the No Surprises Act (HR133, Title 45 Section 149.610). The Good faith estimate shows the cost of items and services that are reasonably expected for your healthcare needs. The Good faith estimate does not include unexpected costs that could arise. Unexpected costs may include outside referrals to another healthcare provider, cancellations and/or no-show fees, fees for lab work or costs of nutritional supplements. The Good faith estimate supplied by Nourish 2 Thrive LLC covers services rendered by the sole provider, Laura Cordero RDN, LDN.

HOW DOES THIS AFFECT BILLING AND PAYMENT POLICIES AT Nourish 2 Thrive LLC?

The law protects you from surprise billing and "unexpected surprise charges". Nourish 2 Thrive, LLC does not send patients a bill. You will pay for your sessions prior to the first session to serve as a confirmation. Nourish 2 Thrive LLC is not credentialed with insurance providers and does not submit claims on a clients behalf to an insurance provider. Nourish 2 Thrive LLC can offer a superbill, depending on reason for visit.

WHAT IS THE ESTIMATE? DO I OWE THIS AMOUNT?

Under provisions of this law, we are required to provide you with an estimate of your healthcare costs. You are entitled to receive this "Good Faith Estimate" of what the charges could be for nutrition services provided to you. While it is not possible for the dietitian to know, in advance, how many sessions may be necessary or appropriate for a given person, this form provides an estimate of the cost of services provided. Your total cost of services will depend upon the number of nutrition sessions you attend,

your individual circumstances, and the type and amount of services that are provided to you.

Based on these fees, the following are expected charges for Nutrition services:

Number of Sessions	Estimated Charges based on purchased package
1 Initial session	\$75- \$150 depending on visit type
3 sessions (approximately over 2 months)	\$200 - \$425 depending on package
6 sessions (approximately over 4 months)	\$380 - \$750 depending on package
12 sessions (approximately over 6 months)	\$750-\$1450 depending on package
Monthly Accountability (after initial package)	\$45-\$540 in a 12 month period - recurring monthly billing until canceled
Family package	\$125 - \$275 depending on package

EXPECTED FREQUENCY AND LENGTH OF TREATMENT

Each client has a unique journey. Factors affecting your length of treatment may include: your presenting problem, history of presenting problem, stated goals for treatment, challenges and life circumstances, availability to schedule sessions, your support system, age at problem onset, presence of commonly occurring conditions we see in our patients, and others. Nourish 2 Thrive LLC standard of practice is to create an individualized nutrition plan and revise/update the plan as needed. Therefore, Laura Cordero is providing this estimate based on an initial plan.

The Good Faith Estimate is not a contract and therefore does not obligate you to services. Laura Cordero regards your autonomy, right to self-determination, and choice to receive treatment where you will most benefit.

PROVIDER and LOCATION OF SERVICES

Nourish 2 Thrive, LLC is a telehealth nutrition service. Laura Cordero RDN, LDN is a Registered Dietitian. And a Licensed Dietitian in the state of Pennsylvania. Nourish 2 Thrive is based in Venetia, Pa a suburb of Pittsburgh Pa. Laura Cordero RDN, LDN conducts virtual sessions via a private portal. The estimated cost does not change based on your session being in-person or via telehealth.

YOUR RIGHTS

If you are billed more than the GFE you may appeal the bill. You may read more about this process in the GFE. If you are billed more than the GFE by our office or any provider, federal law allows you to dispute (appeal) the bill. You may start the dispute resolution process with the U.S. Department of Health and Human Services (HHS). HHS will charge patients \$25 to initiate the dispute process. If you choose the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date of the original bill. To learn more and get a form to start the process, go to www.cms.gov/nosurprises or call HHS directly at 1-800-985-3059. Additionally, you may contact Nourish 2 Thrive LLC at 724-825-7457 or email Laura Cordero at Laura@nourish2thrive.net.

Please keep a copy of your GFE for your records.