



## Fees and Insurance

### Insurance

Insurance coverage is determined by your plan and may change at any time. For the most accurate information, verify benefits by calling your insurance company or by using your insurance's online doctor search.

**Accepted Insurances include:** Most commercial insurance plans through Aetna, LifeWise Primary Network of WA (excluding Alpine network), Premera, Regence, Uniform and Blue Cross Blue Shield plans (including many out-of-state plans such as Anthem). Note: most Medicare plans do not cover Naturopathic Doctors (this is also subject to change yearly). We do not verify eligibility prior to appointments. Please verify coverage by calling your insurance company or by using your insurance's online doctor search.

### Out of Network as of:

- May 12, 2026: Cigna, Providence
- June 29, 2026: AmBetter, Coordinated Care, First Choice, Humana Medicare Gold Plus HMO plan H5619-057, Kaiser plans, Pacific Source, and Wellcare.

**We are not in network with** United Health Care, Medicaid and most Medicare plans. For these, patients will need to self-pay. If you have Medicaid, please let us know in advance as extra forms need to be signed.

### Self-Pay Visit Costs

	Details	Price	<i>Low income/Medicaid patients</i>	<i>Senior Discount (65 years old +)</i>
Initial visit	35-45 minutes	\$300	\$185	\$240
	25-34	\$250	\$155	\$200
	<25 min	\$175	\$115	\$140
Follow up visit	21-30 min	\$225	\$145	\$180
	15-20	\$170	\$110	\$155
	<15 min	\$150	\$100	\$135
Extended length of visit (>45min for new visit, or >30min for return visit)	Per additional minute	\$5.00	\$3.50	\$4.50

### Telephone Call Rates- Established Patients: Self Pay Costs

Whenever possible, schedule a formal appointment. If clinical care is provided by phone outside a scheduled visit, the service will be billed to insurance and if not covered, self-pay rates apply:

Details	Price
5-10 min	\$80
11-20 min	\$160
Every additional min	\$5.00

*Please note: Fees apply only when clinical advice, evaluation, or treatment is provided. Administrative or scheduling calls are not billed.*

**Electronic Communication (Only available for self-pay patients, most insurances do not allow or cover).**

Communication that requires medical evaluation or management (beyond scheduling, billing, or past treatment plan clarifications) are billed based on total provider time within a 7-day period. If eligible, these services may be billed to insurance. If not covered, self-pay fees apply:

Details	Price
5-10 min cumulative time over 7 days	\$35
11-20 min cumulative time over 7 days	\$70
21-30 min cumulative time over 7 days	\$105
*31+ min cumulative time over 7 days	\$35 for every additional 1-10 min time chunks

*Please note, this time includes all time spent, such as reviewing chart notes, documentation of communication, research and response time. \*Time spent will be cut off at 31 min a week and further correspondence will require a visit, however, exceptions apply for self-pay patients.*

Updated 4/4/26