



Women's Growth Center

5209 York Road B12, Baltimore, MD 21212

(410) 532-2GROW (2476)

If you are considering using your insurance plan, we strongly encourage you to contact your insurance beforehand and ask the following questions:

1. Do I have mental health coverage?
2. Do I have a deductible? If so, how much is it? Per person or per family? When does it re-start? How much do I have left to pay on it in this period?
3. Do I need prior authorization?
4. What is my co-pay?

If we do not participate with your insurance plan, you can also ask your insurance if you have out-of-network benefits. Generally, out-of-network benefits means that your insurance reimburses you for a percentage of the allowed amount. If you have out-of-network benefits and opt to use it, you are responsible for paying your sessions out-of-pocket, and submitting claims to your insurance for reimbursement.