



Office of Beth Sikora, PhD, LPC, NCC

No Surprises Billing Act

What does the No Surprises Billing Act mean?

The No Surprises Act (NSA) establishes new federal protections against surprise medical bills effective January 1, 2022. Surprise medical bills arise when insured consumers inadvertently receive care from out-of-network hospitals, physicians, or other providers they did not choose.

The No Surprises Billing Act will protect consumers from surprise medical bills by:

- * Provide the good-faith estimate within certain timeframes.
- * Offer an itemized list of each item or service, grouped by the provider or facility offering care.
- * Explain the good-faith estimate to the patient over the phone or in-person if the patient requests, and then follow up with a paper or electronic estimate.
- * Provide the good-faith estimate in a way that's accessible to our patients.

Good Faith Estimate

You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency items or services. This includes related costs like medical tests, prescription drugs, equipment, and hospital fees.

Make sure your health care provider gives you a Good Faith Estimate in writing at least 1 business day before your medical service or item. You can also ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule an item or service.

If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill.

Make sure to save a copy or picture of your Good Faith Estimate.

For questions or more information about your rights to a Good Faith Estimate, visit www.cma.gov/nosurprises or call 800-985-3059.