



## Sound Psychotherapy & Assessment

**Sierra Swing, PsyD**

3515 SW Alaska St | Seattle, WA 98126 | 3250 Airport Way S #530 | Seattle, WA 98134

P: 206-979-8787 | F: 206-309-3373

[www.soundpsychotherapyandassessment.com](http://www.soundpsychotherapyandassessment.com)

### EVALUATION STEPS AND INFORMATION

Dr. Swing has a 5–6-month waitlist for private evaluations, including ADHD Evaluations, Diagnostic Evaluations, Neuropsychological Evaluations, and/or Private Parenting Evaluations. If you are interested in being added to the waitlist, please complete the “Private Evaluation” form on her website so we can have additional information about the reason you are requesting an evaluation and other contact and insurance information. Here is the link to the form: <https://www.soundpsychotherapyandassessment.com/forms.html>

Once we receive your completed form, we will add you to the evaluation waitlist and let you know when there is availability to get you started. If you find another provider to complete your evaluation, please let us know so we can remove you from the list.

Below you will find additional information about the evaluation process:

Dr. Swing completes comprehensive evaluations that consist of multiple steps and appointments. The evaluation process will consist of:

- ❖ Completing intake and consent forms, as well as symptom/screening questionnaires through Dr. Swing’s secure client portal in Simple Practice.
- ❖ Completing online psychological testing through various secure testing websites
- ❖ Completing in person psychological and/or neuropsychological testing with one of Dr. Swing’s trained psychometrists. (Note: this appointment takes anywhere from 3-6 hours, sometimes longer)
- ❖ Completing a clinical interview with Dr. Swing once your testing has been completed

Sometimes additional testing is necessary if there are any questions or diagnostic information that needs to be clarified after the interviews are completed and/or after Dr. Swing starts writing your report. Dr. Swing will let you know if this is needed.

***Note: once everything has been completed, it usually takes several weeks (4-6 weeks), sometimes longer, for Dr. Swing to complete her report given the number of evaluations she has.***

Once the report is complete (or nearly complete), Dr. Swing will reach out to schedule a feedback appointment to meet and review the results of the evaluation. She will then provide you a copy of your report.

**If you were referred by another provider (i.e., a PCP or psychiatric provider), please sign a release of information with that provider and have them fax any relevant progress notes, records, and information to Dr. Swing at 206-309-3373 as soon as you decide to move forward with the evaluation.**

## EVALUATION BILLING AND COSTS

Evaluations can be incredibly costly; however, most evaluations are covered by insurance. Typically, evaluations are billed hourly at a rate of \$200 per hour for test administration by a psychometrist and then \$300 per hour for time Dr. Swing spends scoring and interpreting your testing, completing interviews, reviewing records, doing research, writing your report, and meeting with you for your feedback appointment. In total, evaluations typically take between 20 and 40+ hours depending on the complexity of the evaluation being requested.

- If you have Insurance and would like us to bill your insurance, Dr. Swing is contracted and in-network with Aetna, First Choice, Lifewise, Premera, and Regence. She is able to accept referrals on a limited basis for people who are insured through Molina and United/United Behavioral Health.
  - Coverage of a comprehensive evaluation varies greatly between insurers and their individual plans.
  - **Please understand that you could be responsible for copays/coinsurance that ranges anywhere from \$0 to several thousand dollars.**
  - You are responsible for covering your deductible prior to your insurance paying for any portion of the evaluation, so if you have a high deductible and your deductible has not yet been covered, you may want to wait until later in the year when your out of pocket costs may be lower.
- If you are insured through Kaiser HMO, I am unable to complete an evaluation for you unless preapproved by Kaiser; however, if you have Kaiser PPO, this is billed through first choice, who I am contracted with; however, they still require a referral from your provider so I can complete a prior authorization prior to starting the evaluation in order to ensure the evaluation will be covered.

If you have further questions about your insurance coverage after you check your benefits, you can email Dr. Swing and she can connect you with our biller.

- **In order to avoid any surprises in terms of out-of-pocket costs/expenses, I would strongly recommend that you do the following:**
  - Call your insurance provider to verify coverage, determine if you have a deductible that needs to be met, and ensure the evaluation will be covered without a referral or prior authorization.
  - When you call, you will need to provide them with the following CPT codes to verify coverage:
    - 96136: 2-4 units
    - 96137: 10-20 units
    - 96130: 2-4 units
    - 96131: 10-15 units
    - 96132: 2-4 units
    - 96133: 10-15 units

*\*\*The hours and units provided above are an estimate and what is billed on average, not exact to your evaluation specifically\*\**
  - The insurance may ask you for the NPI number or TIN number:
    - Dr. Sierra Swing NPI: 1063641041
    - Sound Psychotherapy and Assessments NPI: 1376880286
    - TIN: 45-369824

## PRIVATE EVALUATIONS OR EVALUATIONS NOT COVERED BY INSURANCE

If you do not have insurance that will cover the cost of the evaluation, or if you are requesting a forensic psychological, forensic neuropsychological, parenting, and/or court ordered evaluation, you are considered Private Pay and insurance cannot be billed.

- If you have insurance but your insurance does not cover the cost of an evaluation, it may be possible to negotiate a flat rate or sliding scale fee. Please email Dr. Swing to inquire/discuss further.
- If you are paying out of pocket for an evaluation that is not covered by insurance (i.e., any forensic, parenting, or court ordered evaluation), please be aware of the following:
  - You will be responsible for paying a retainer prior to starting the evaluation. The standard retainer cost for an evaluation is \$6000
  - Services are billed hourly at the rate of \$300.00 / hour (billed in 15-minute increments)

Please feel free to reach out to Dr. Swing's assistant Shayne ([sjhare@soundpsychotherapyandassessment.com](mailto:sjhare@soundpsychotherapyandassessment.com)) if you have any questions at any point. You can also email Dr. Swing directly at [drsierraswing@gmail.com](mailto:drsierraswing@gmail.com).