



Counseling
AND CONSULTING
OnTheHill



IN-PERSON AND VIRTUAL SESSIONS

Our clinicians offer both in-person and virtual sessions. Our office is located at 513 Capitol Court NE Suite 100, Washington, DC 20002; there is a short flight of stairs down to the practice door. Virtual sessions take place via Simple Practice, a HIPAA-compliant video platform. Unique links to log-in are sent in reminder emails prior to each appointment.



INSURANCE

Our group practice is in-network for **Blue Cross Blue Shield (CareFirst / Anthem) PPO and HMO plans**. As a member, you are responsible for the applicable deductible or copay amount per session, as well as knowing your approved number of visits. Some plans also require pre-approval before beginning therapy. **We ask that you contact your insurance provider to verify your benefits and confirm whether we are considered in- or out-of-network for your specific plan prior to the first session.** You can use our Tax ID #821122490 and codes for the most common services: Psychiatric Diagnostic Evaluation (90791) and Psychotherapy 60 minutes (90837). For out-of-network clients, we are able to provide a superbill for you to submit to your insurance provider.



SESSION FEES & PAYMENT

In-network (BCBS) session fees are based on your unique benefits, which can vary based on deductible and copay requirements. Out-of-network and private pay session fees vary based on clinician and can be discussed in the initial consultation call. Client accounts can be set up for auto-pay, with payment processing the day of service.



GETTING STARTED

Please visit the Contact page of our website to express interest in working with our practice. If we have openings for new clients, we will connect you with a clinician to schedule a consultation call to discuss working together and to ensure the right fit for your needs. Please note that we do not keep an official wait list.