



Helping Hand Therapy

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Rates & Insurance Page

Our Rates & Commitment to Transparency

At Helping Hand Therapy, we believe in clear and transparent pricing so you can focus on your care. Our fees are based on the length and type of service provided, in accordance with industry standards.

Standard Service Fees:

- **Initial Intake & Assessment (CPT 90791): \$350**
- **Individual Therapy - 60 min session (CPT 90837, 53+ minutes): \$250**
- **Individual Therapy - 45 min session (CPT 90834, 38-52 minutes): \$200**
- **Individual Therapy - 30 min session (CPT 90832, 16-37 minutes): \$150**
- **Group Therapy (CPT 90853, typically 45-60 minutes): \$75**

Insurance

We are in-network with several major insurance providers, including **Providence, Cigna, Moda, and Regence Blue Cross of Oregon**. We are happy to check your benefits and submit claims on your behalf.

For all other insurance plans, we are considered an "out-of-network" provider. We can provide you with a superbill (a detailed receipt) that you can submit to your insurance company for potential reimbursement.

Good Faith Estimate & The No Surprises Act

You have the right to receive a "Good Faith Estimate" explaining how much your medical care will cost. Under the law, health care providers need to give patients who don't have insurance or who are not using insurance an estimate of the bill for medical items and services. For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises.