

## Fees, Payment, Insurance and Legal Policies

- Fees: My current fees are \$150 per 50-minute clinical session and \$180 for couples and family sessions of the same duration. Initial assessments are \$175 and must be paid prior to commencement of treatment.
- Payment: Payment is made through IVY PAY, ensuring secure and confidential transactions. Clients will receive a text message to access the IVY PAY link prior to initial appointment. Cash or checks payable to "Julie Wells" are also accepted. Please prepare checks before the session to maximize therapeutic time. Non-negotiable checks will incur banking fees, requiring future cash payments.
- Insurance: Journey Into Wellness Counseling is mainly a private pay office. Accepted in-network insurance are Humana. Aetna and United Healthcare are accepted through Headways portal. All appointments will be made through Julie Wells directly and not through the Headways platform.  
Please confirm coverage and benefits prior to initial appointment. Co-payments are due at the start of each session and are accepted through IVY PAY.
- Legal and Court Involvement: To maintain the therapeutic focus, involvement in legal/court proceedings or attempts to obtain treatment records for legal purposes are not permitted during therapy. Legal fees apply at \$750 per hour for court appearances and preparations, including related expenses such as parking and mileage. A retainer for court expenses is due two weeks before court appearances. These services are not reimbursable by medical insurance.