

GOOD FAITH ESTIMATE

Soul Wave Wellness Services, LCSW, PLLC

No Surprises Act (Public Law 116-260)

Effective Date: June 27, 2026

Your Right to a Good Faith Estimate

Under the No Surprises Act, health care providers are required to give patients who do not have insurance, or who are not using insurance, an estimate of the expected charges for medical services, including psychotherapy and counseling services.

You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency healthcare services, including psychotherapy services.

About Our Practice

Provider: Shanira Griffith, LCSW

Practice: Soul Wave Wellness Services, LCSW, PLLC

NPI: 1902262074

Tax ID/EIN: 39-2933362

Licensed In: New York, Virginia, and Utah

Address: Virtual/Telehealth Practice

Phone: 917-513-9571

Email: hello@soulwaveservices.com

Estimated Costs for Services

Individual Therapy

Session Length: 60 minutes

Standard Rate: \$375 per session

Sliding Scale Rate: \$175 - \$200 per session (limited availability)

CPT Code: 90837 (Psychotherapy, 53+ minutes)

The number of sessions needed depends on your individual treatment goals and progress. A typical course of therapy may range from 12 to 52 sessions over the course of a year, though this varies significantly by individual.

Estimated annual cost at standard rate: \$4,500 - \$19,500 (12-52 sessions at \$375/session)

Estimated annual cost at sliding scale: \$2,100 - \$10,400 (12-52 sessions at \$175-\$200/session)

Life Coaching

Session Length: 60 minutes

Life coaching is not a clinical service. It is not covered by insurance and is not eligible for superbill reimbursement or HSA/FSA.

Single Session: \$300

The Momentum Builder (4 sessions): \$1,000 (\$250/session)

The Full Transformation (8 sessions): \$1,800 (\$225/session)

The Deep Work Package (15 sessions): \$3,150 (\$210/session)

Important Information About This Estimate

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill. You may contact the health care provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill.

How to Dispute a Bill

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to: www.cms.gov/nosurprises

Or call: 1-800-985-3059

Additional Notes

This Good Faith Estimate is not a contract and does not require you to obtain the items or services listed. Treatment duration and frequency are determined collaboratively between you and your provider based on your individual needs and goals.

You are entitled to receive an updated Good Faith Estimate if your treatment plan changes significantly. You may request a new estimate at any time by contacting us.

For questions or additional information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or contact Soul Wave Wellness Services at hello@soulwaveservices.com.
