

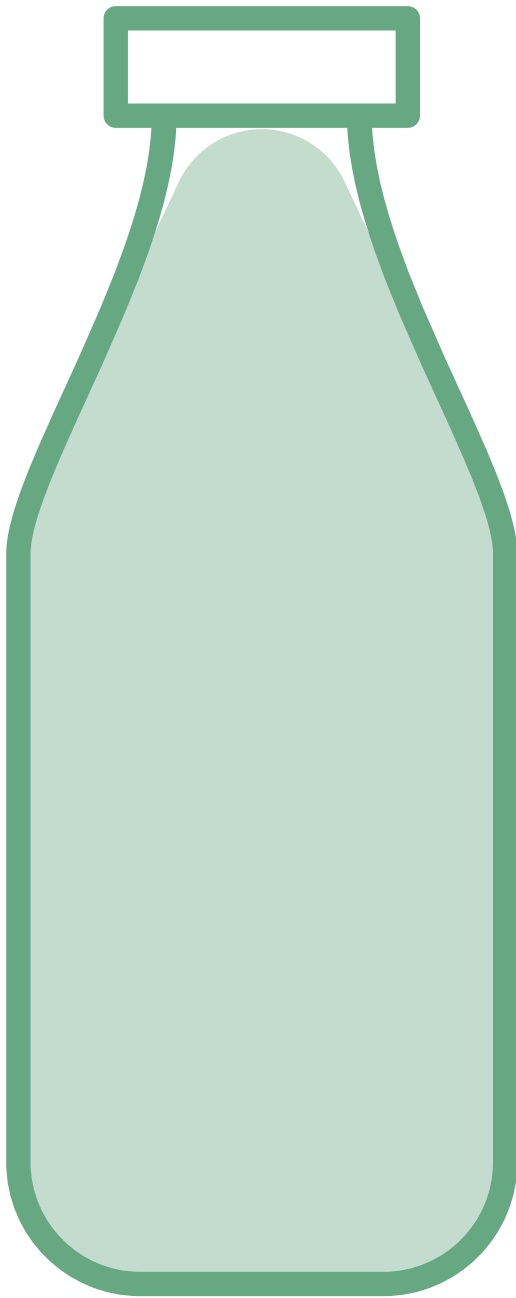
Green Bottle Pricing

I am not in-network with any insurance panels, and that decision was intentional. Being a private pay provider gives us the freedom to focus on you - without the limitations that often come with insurance. There are no session caps, required diagnoses, or need for pre-approvals. This means we can create a plan that's truly tailored to your unique goals, pace, and needs.

Private pay also allows me to collaborate more closely with other members of your care team, like your therapist, physician, or psychiatrist, so you get well-rounded, integrated support. Because I'm not restricted by insurance policies, I'm able to offer check-ins between sessions. If you have a question, need a quick touchpoint, or are looking for a bit of encouragement, I'm here for you.

That's why I utilize the Green Bottle Method from Alexis Cunniffolk to determine your private pay rate! This allows for flexibility in payments while honoring financial barriers to care. On the next few pages, you'll see three different tiers to determine which private pay rate makes the most sense for you.

Tier One



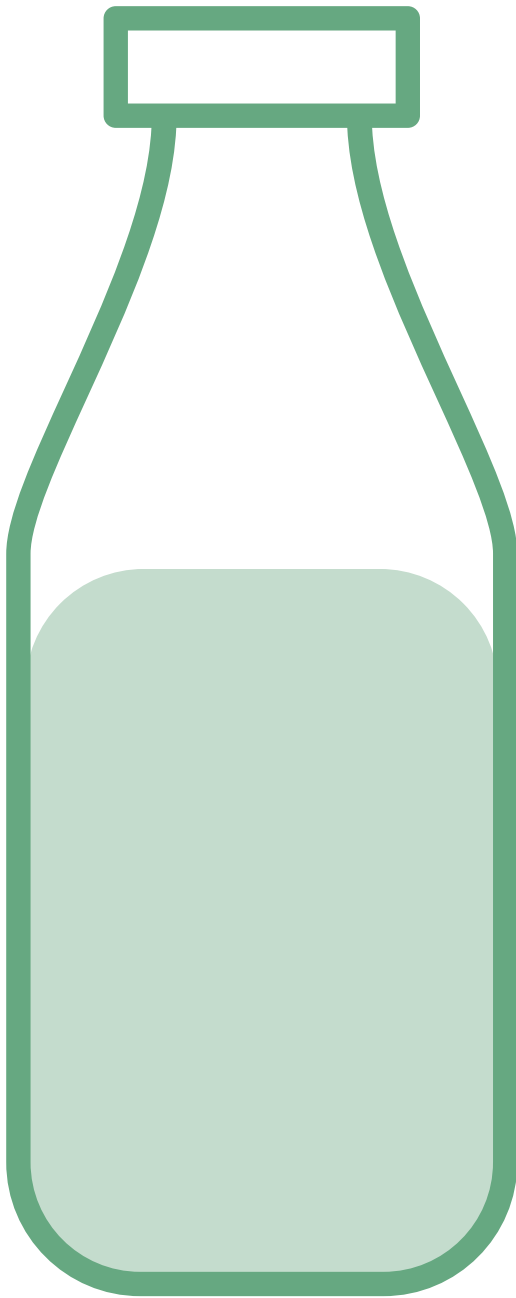
- ☐ I am comfortably able to meet all my basic needs.*
- ☐ I may have some debt but it does not prohibit attainment of basic needs.
- ☐ I own my home or property OR I rent a higher-end property.
- ☐ I own or lease a car.
- ☐ I am employed or do not need to work to meet my needs.
- ☐ I have regular access to health care.
- ☐ I have access to financial savings.
- ☐ I have an expendable** income.
- ☐ I can always buy new items.
- ☐ I can afford an annual vacation or take time off.

Concept taken from Alexis Cunningham.

* Basic Needs include food, housing, and transportation.

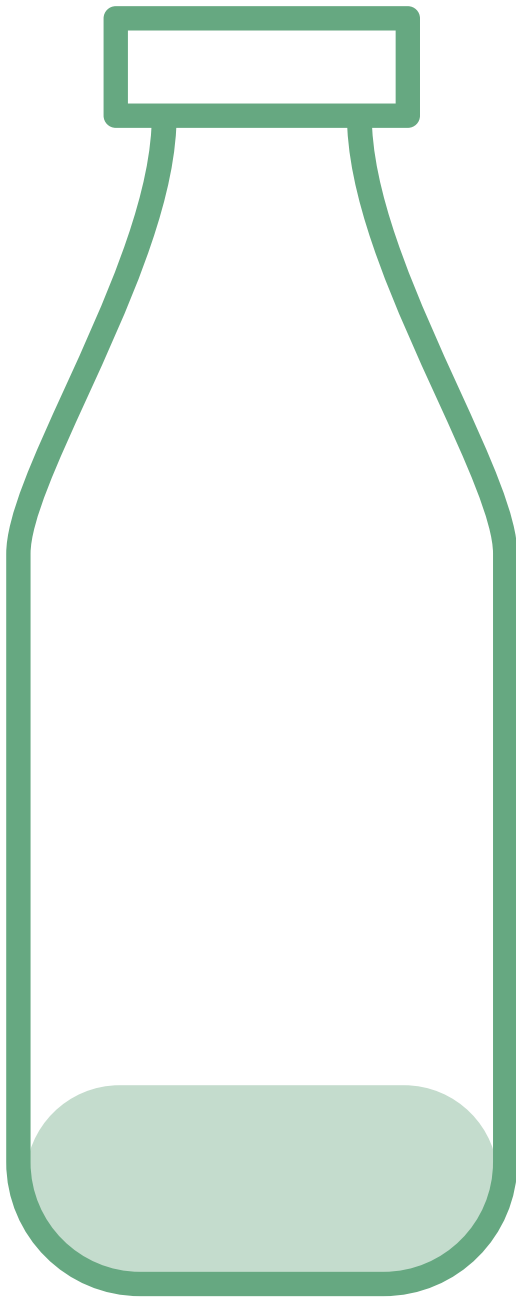
** Expendable income might mean that you are able to buy coffee or tea at a shop, go to the movies or concert, buy new clothes, books, and similar items each month, etc.

Tier Two



- ☐ I may stress about meeting my basic needs but still regularly achieve them.
- ☐ I may have some debt but it does not prohibit attainment of basic needs.
- ☐ I own or lease a car.
- ☐ I am employed.
- ☐ I have access to health care.
- ☐ I might have access to financial savings.
- ☐ I have some expendable income.
- ☐ I am able to buy some new items & I thrift others.
- ☐ I can take a vacation annually or every few years without financial burden.

Tier Three



- ☐ I frequently stress about meeting basic needs & don't always achieve them.
- ☐ I have debt and it sometimes prohibits me from meeting my basic needs.
- ☐ I rent lower-end properties or have unstable housing.
- ☐ I do not have a car and/or limited access to a car but I am not always able to afford gas.
- ☐ I am unemployed or underemployed.
- ☐ I qualify for government assistance including food stamps & health care.
- ☐ I have no access to savings.
- ☐ I have no or very limited expendable income.
- ☐ I rarely buy new items because I am unable to afford them.
- ☐ I cannot afford a vacation or have the ability to take time off without financial burden.