



Therapy Services

Payment & Fees Information

At Sista Afya we pride ourselves on making therapy accessible for our community. Our options for payment include: insurance, sliding scale, and free services. Read below about our options for payment and fees.

Please note that sliding scale spots are limited in availability. If we do not have openings of sliding scale you will have to pay the full rate of \$120 per session.

Below is the sliding-scale breakdown based on monthly income starting at:

MONTHLY INCOME (<i>after taxes</i>)	PRICE PER SESSION
\$0 - \$3500	\$75
\$3501+	Full rate \$120/session

* Rates are subject to change without notice.

Payment & Insurance Accepted:

- Blue Cross Blue Shield PPO (no HMO or Medicaid)
- Cigna
- USHIP/United Healthcare/Optum

EAP Accepted:

- Lyra Health
- LifeWorks
- Cigna
- Optum

MSW/MA + Provisionally Licensed Therapists accept (LSW/LPC): sliding scale only, full rate & BCBS PPO only.

Free therapy: Through our non-profit Sista Afya Community Care NFP we offer free individual therapy. Spots are limited. If you are interested in receiving free therapy please visit: www.communitycare.sistaafya.com/thrive-in-therapy

Sista Afya Community Mental Wellness

1817 E. 71st Street, Chicago, IL 60649

(773)234-7994

therapy@sistaafya.com



Therapy Services Payment & Fees Information

Late Cancellation/No-Show Fee

We understand that things come up that can alter plans to attend therapy sessions. We require an at least **24 hour notice of cancellation** before your scheduled appointment. We provide text message and email reminders about your upcoming session to assist with scheduling. **Late cancellation/No-shows will result in a \$75 cancellation fee deducted from your card on file when there is a no-show after being 15 minutes late for an appointment or if you cancel your appointment less than 24 hours before your appointment.**

Non-Discrimination Statement

We are committed to providing an inclusive and welcoming environment for all members of our community. Sista Afya does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, therapeutic services, hiring and firing of staff, selection of volunteers and vendors, and provision of services.

No Surprises Act & Good Faith Estimate

In December 2020, Congress passed the No Surprises Act to reduce unexpected medical bills on patients. According to [The Center for Medicare and Medicaid Services](#), Good Faith Estimates for Uninsured (or Self-pay) Individuals – Requirements for Providers and Facilities.

You will also receive this information about your estimated cost for treatment via email before beginning treatment.

Sista Afya Community Mental Wellness
1817 E. 71st Street, Chicago, IL 60649
(773)234-7994
therapy@sistaafya.com