

Anchor Clinical Psychology, LLC

Psychological Testing & Assessment: Frequently Asked Questions

What is Psychological Testing?

Psychological testing (or psychological assessment) helps identify and understand mental health concerns such as:

- Depression, anxiety, trauma, OCD, substance use, eating disorders, and personality disorders
- ADHD and Autism Spectrum Disorder (specialized assessments available)

Testing can clarify your symptoms, personality, and functioning. It involves an intake appointment with a Licensed Clinical Psychologist and completion of various measures. Results can help your providers tailor your treatment. Please note: evaluations are for clarifying diagnoses and informing treatment. They are not for court or forensic purposes.

How Long Does Testing Take?

- Assessment Time: Can take 4–12 hours, usually scheduled across 2–3 days of 3–4 hours each depending on your needs
- Report Preparation: Typically 4–6 weeks after testing is complete
- Feedback Session: Scheduled Monday through Friday to review your results once your report is ready

How Should I Prepare?

- Complete all required paperwork before your first appointment—testing cannot begin without it
- During testing days, you may bring a drink or snack
- Bring relevant medical records if requested

Who Receives the Results?

- Minors (under 18): Results sent to legal guardian/caregiver
- Adults (18+): Results released only to you, unless you sign a release form

Are Parts of the Assessment Online?

Yes! Some portions may be completed online. Certain components must be done in-person—options will be discussed with you.

Do You Test for ADHD and Autism?

- ADHD: We assess ages 6–40
 - Autism Spectrum Disorder: Assessments available for ages 6+
- See our website or ask us for details

Do You Perform Custody Evaluations?

No, we do not offer custody evaluations.

Do You Offer Weekend Appointments?

- Testing: Not available on weekends
 - Feedback Sessions: Not available on weekends (scheduled Monday through Friday only)
- We can provide letters of absence for work or school

Can You Assess Multiple Family Members?

We cannot assess multiple family members at the same time, but can schedule appointments separately.

Insurance & Payment Information

What Insurance Do You Accept?

We are in-network with:

- Blue Cross/Blue Shield PPO (excluding Blue Choice and Blue Options)
- United/Optum PPO (excluding GEHA and All Savers)

Self-pay is also available. If you pay out-of-pocket, you may submit claims to your insurance for out-of-network reimbursement. We cannot process out-of-network claims for you.

We accept payment by check and major credit cards including Visa and MasterCard.

What Should I Ask My Insurance Company?

When you call your insurance, ask about:

- Network Status: Is Anchor Clinical Psychology, LLC in-network?
- CPT Codes: Are these codes covered for office-based services?

Intake: 90791

Testing: 96132, 96133, 96136, 96137

Therapy: 90837

- Costs: What are my deductible, coinsurance, and copay amounts?
- Preauthorization: Is preauthorization required?
- Out-of-Network: If we are out-of-network:

Does my plan reimburse for out-of-network services?

What is the reimbursement rate?

Is there a separate deductible?

What documentation is required (e.g., superbill, receipts)?

Self-Pay Information

- Split payments between intake and feedback sessions for convenience
- We provide a superbill (an itemized receipt) if you wish to seek out-of-network reimbursement from your insurance

Flat Rate Services

Rates include all testing appointments and a comprehensive PDF report. Initial intake session is not included (\$250).

- IQ Testing Only — about 4 hr, \$800
- School Exam Evaluation — about 6 hr, \$1,100
- Psychological Evaluation Only — 10 hr, \$2,000
- ADHD + Psychological Evaluation — 10 hr, \$2,500
- Autism + Psychological Evaluation — 10 hr, \$3,000
- ADHD + ASD + Psychological Evaluation — about 15 hr, \$3,500

Questions? We're Here to Help!

Contact us with any questions or concerns. We look forward to supporting your mental health journey!

Anchor Clinical Psychology, LLC

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