

Associated Billing Center's
Newsletter

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Building Our Reputation One Client at a Time

A Message From Mona

Yes, Our Technology Upgrades Continue

In our June 2019 Newsletter we discussed our sizable investment in technology upgrades that were scheduled to take place in the 3rd quarter of this year. Well, here we are in the third quarter of this year and we are on target to complete several technology projects. This will enable us to maintain our status among the top mental health billing companies in the tri-state area and nationwide.

The utilization of dependable technology helps to ensure patient data security, HIPAA compliance and claims being processed accurately and expeditiously.

Our software was specifically written for mental health billing ensuring the most effective routing system for claims submission and reimbursement.

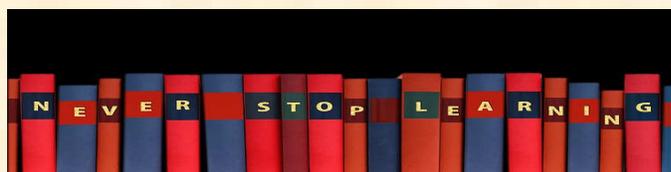
A Note to Our Providers: These upgrades will not require any additional cost to your practice and they will ensure the continued level of service you have come to expect from **Associated Billing Center, LLC**. You will not be required to make any changes in your office. Thanks for being our client. It makes all of this possible.

Best regards,

Mona



Education Box-You Need to Know



- It is important when sending patient information to use the name as it appears on their insurance ID card. The use of a nickname or pseudonym will come back to us as "no coverage-patient not found in our system."
- If your Account Manager advises that your patient needs to call their insurance company to complete a Coordination of Benefits (COB), the patient should ask the rep if there are any claims that need to be reprocessed now that this task has been completed. This will expedite payment to you for services rendered in your office. Please have your patient contact us with any questions, concerns or for assistance.
- Many commercial insurance companies outsource their mental health coverage to third party insurers. That is why it is imperative that a benefits check be completed to ensure that there is no delay in claims processing and payment. Of course, that is part of our service.
- Asking patients occasionally if they are aware of any pending changes to their insurance coverage is a good idea. The ultimate goal is to maintain the integrity of your revenue cycle. **Associated Billing Center, LLC** can expedite an updated Benefits Information Profile Page to ensure there is no disruption of payments.

We are here to help.

Call us with any questions!

20/20 Candidates & Mental Health

Let the pontificating begin. Well, it already has for the wide range field of 20/20 candidates. "I have the best plan for expanding mental health services and healthcare in America."

The range of policy suggestions include: Doubling the number of school mental health staff, address the opioid crisis by expanding prevention efforts, treatment and recovery services, boost federal funding for mental health research, expand behavioral health facilities, and ensuring that parity remains the law of the land.

Some of the nation's most prominent mental health organizations want more details. The new nonpartisan group, Mental Health for US, is pushing candidates of both parties for specifics. The advocacy group wants newly elected lawmakers to have articulated policy approaches before their terms start, if and when they are elected.

Former Rep, Patrick Kennedy says, "We don't need new reports. We don't need white papers. We need political will."

Sobering Statistics: An estimated 47,000 Americans died by suicide in 2017 while more than 70,200 died from drug overdoses. Millions of Americans are living with mental health conditions. It is time for more than just "pontificating" on the idea of improved mental health services.

Source: Gary R'nel

Laugh a Little or Maybe A Lot: It's Good Therapy



Mental Hospital Interview

>The head therapist at a local mental hospital is examining patients to see if they're cured and ready to re-enter society.

"So, Mr. Clark, I see by your chart that you've been recommended for dismissal. Do you have any idea what you might do once released?"

The patient thinks for a moment, then replies, "Well, I went to school for mechanical engineering. That's still a good field, good money there. But on the other hand, I thought I might write a book about my experience here in the hospital, what it's like to be a patient here. People might be interested in reading a book like that. In addition, I thought I might go back to college and study art history, which I've grown interested in lately."

The therapist nods and says, "Yes, those all sound like intriguing possibilities."

The patient replies "And the best part is, in my spare time, I can go on being a teapot."

>Why is mental health therapy a lot quicker for a man than a woman? Because when it's time to go back to childhood a man is already there. Source:bouldertherapist.com



Invest in Yourself

Investing in your mental health can pay off financially. Mental health therapy is **32 times** more cost efficient at alleviating psychological distress than money. A study found that a significant reduction in anxiety had the same value to life satisfaction as being given **\$314,000**. Research shows processing traumatic experiences can improve a person's immune functioning. Engaging in therapy reduces overall future medical costs by about **17%**. People who do not receive therapy can expect to see their overall medical costs increase by about **12%** over time. Alex Afram, Ph.D. writes that a successful course of therapy is much like getting a correct prescription for glasses in that it can alter a way the person sees the world. Though the process is more involved than getting a prescription, the results can be equally dramatic.

Source: goodtherapy.org



America's Work-Life Balance

Americans are simply out of kilt with much of the rest of the world. In fact, the U.S. is on the lower end of the work-life balance among developed countries. At least 134 countries have laws setting the maximum length of the work week-the U.S. does not. In the U.S. nearly 90% of males and 66% of females work more than 40 hours per week. Americans work 137 more hours per year than Japanese workers, 260 more hours than the British and 499 more hours per year than the French. Source: Int'l Labour Organization

Stories You Simply Need to Know About



✓ Did a Canadian single dad make the right decision when he asked about a prospective babysitter's gender and age? Local authorities say Todd may have violated his province's human rights act by asking those questions. The father is being investigated by the Alberta Human Rights Commission after a complaint was filed against him by the babysitter who claims that he violated the Alberta Human Rights Act. Todd received several responses when he posted for a babysitter for his 5 and 8 year old boys. When his dinner plans fell through, he no longer needed the sitter. The applicant filed a formal complaint claiming age and gender discrimination. The Justice Centre for Constitutional Freedoms is representing Todd. It recently sent a letter to the Alberta Human Rights Commission saying that, "Thwarting parents from even inquiring about a babysitter's gender or age is inconsistent with giving 'utmost deference to parents' preferences concerning a babysitter for their children." As of this time the Commission has not dismissed the case.



✓ Buying bulk in China is the new rage. The country's first Costco store is so popular that it had to shut down early on its first day of operation because of too many shoppers. Costco has had an online presence in China for five years but opened its first brick and mortar store in Shanghai. Costco said in a text message alert to its members, "To provide you with better shopping experience, Costco will suspend business in the afternoon. Please don't come." We are wondering if the ever popular \$1.50 hot dog and soda combination will be as huge an attraction in the Far East.

✓ Barbie is getting some company. Civil rights icon Rosa Parks and astronaut Sally Ride have inspired the new dolls. CNN reports that both the Rosa Parks Barbie and the Sally Ride Barbie will include educational materials about their contributions to society, as well as unique clothing and accessories.

Source: Gary R'nel

Refer us to a colleague. We appreciate it!

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