

Associated Billing Center's  
**Newsletter**

-Volume 41  
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*Building Our Reputation One Client at a Time*

### A Message From Mona



### **We're On the Move**

Excitement is in the air and contagious in our office. **Associated Billing Center, LLC** is on the move. We're expanding our office space to accommodate growth. We will take residence at our new location in nearby Jamesburg, NJ. Our scheduled move date is April 1, 2020.

Our business, including website, email and telephones will be fully operational during the moving process. The actual move will take place over a weekend.

We are all excited to call Jamesburg our new home. Our new premises will offer comfortable meeting and conference rooms and many more amenities to our team.

Your loyal support has helped us grow, and now we need more space to serve you and to accommodate future technology investments.

I will be providing you with information concerning our new office location shortly. Again, I thank you for your loyalty and I sincerely look forward to working with you from our new and improved office suite.



Best Regards,  
*Mona*

### Education Box-You Need to Know



When sending us new patient information it is important that you send the completed Patient Information Sheet. If you do not have the template please advise us and we will provide you with the template. We need the Date of Birth (DOB) and patient's address in order to complete our **Associated Billing Center, LLC** Benefit Information Profile page.

### 90846 and 90847 CPT Code Definitions

1. 90847-Family or couples therapy with patient present. These sessions need to be at least 50 minutes in length.
2. 90846-Families or couples therapy, without patient present. These sessions are generally 50 minutes in length.

### Psychiatric Nurse Practitioners

**Associated Billing Center, LLC** serves the Psychiatric Nurse Practitioner community. Codes for services rendered typically used for billing are medical Evaluation and Management codes (E&M). Nurse Practitioners may use the typical mental health codes when they apply.

We provide billing services to many Psychiatric Nurse Practitioners ensuring that their revenue stream remains constant while allowing them to practice their profession. We are here to help!

These professionals diagnose and treat mental illnesses with a broad range of solutions including psychotherapy and prescription medication. To practice in the United States, professionals must be certified as Psychiatric Mental Health Nurse Practitioners by the American Nurses Credentialing Center.

Source: Gary R'nel

## Mental Health Billing Q & As



Q. Why does **Associated Billing Center, LLC** call a patient's insurance company to verify benefits instead of just retrieving them on line?

A. In order to get a complete and accurate summary of a patient's benefits, it is necessary to speak with an insurance representative. Taking the short cut and obtaining benefits on line could lead to a misunderstanding concerning the patient's financial responsibility to the provider. Also, many insurance companies carve out their mental health coverage to a third party. Our Benefit Information Profile Page contains the most accurate and current information available. If your patient has a question about their benefits please have them give us a call. We are here to help!

Q. Recently, several therapists have asked us if we can bill insurance for a missed visit.

A. If an appointment is cancelled in non-compliance with your office policy your practice should have an agreement on patient responsibility. Insurance cannot be billed.

Q. Does **Associated Billing Center, LLC** submit claims more than once a month?

A. Absolutely. It is important that claims be submitted frequently to ensure that your RCM (Revenue Cycle Management) is operating at peak performance.

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



Don't get confused between my personality and my attitude. My personality is who I am, my attitude depends on who you are.

I hope karma slaps you in the face before I do.

I'm not fat. I'm just easy to see.

My level of sarcasm has gotten to a point where I don't even know if I'm kidding or not.

Do you ever get up in the morning, look in the mirror and think, "That can't be right!"

Therapist to Patient: If you don't cut the cake in pieces and just eat the whole cake, then you only had one piece.

Whoever is trying to take you down is already below you.

Patient to Therapist: Should I sleep? Or should I shower? I could sleep in the shower but I'm also hungry.

I love days when my only problem is tea or coffee.

Sometimes my greatest accomplishment is just keeping my mouth shut.

My phone is always on silent. I don't even know if I have a ringtone. If someone needs to contact me in an emergency, I suggest you call someone else.

Source: [jokes4all.net](http://jokes4all.net)



## The Scales of Justice & Mental Health

The lay public is simply not aware of it but the fact is that many state law bar exam administrators ask potential barristers about their mental health history and/or treatment on test applications. In fact, CNN reports that in New York state, a court is weighing whether to drop the question after a working group within the state Bar Association called for the questions to be removed. The association maintains that such questions "are unnecessary and ineffective in identifying applicants who are unfit and are likely to deter individuals from seeking mental health counseling and treatment".

Some states have maintained that questions concerning mental health are essential to identify applicants who may find a mental health issue an obstacle to managing an efficient practice. Colorado argues that a significant number of attorneys who have received ethical complaints are suffering from mental health conditions and/or substance abuse.

Our Note: Weigh in on this: Do you think mental health related questions should be part of a bar exam application?

Source: Gary R'nel

## 2020 NJPA Mental Health Awareness Campaign: Compassionate Communities

This spring, the New Jersey Psychological Association will launch its 4th annual Mental Health Awareness campaign focusing on **Compassionate Communities**. The NJPA collaborated with affiliate organizations and outside groups to develop a coordinated approach to promote the cause of mental health. The campaign will run April through July 2020; April: Minority Health Month, May: Mental Health Month, June: Pride Month, July: Minority Mental Health Month. Diversity and inclusion of all populations is a top priority of this campaign. We commend the NJPA for its awareness campaign in educating a diverse population concerning the challenges of mental health disease.

For more information go to [psychologynj.org](http://psychologynj.org)

## Stories You Simply Need to Know About



✓ Women now hold more jobs outside the home than men. The U.S. Bureau of Labor Statistics reports there are 109,000 more women in the workforce. Given that statistic, you would think that men, once dominant in the workforce, would take on added responsibility in the domestic chores arena. It ain't so. A Gallup poll reports that more women are still more likely to do laundry, clean the house, do grocery shopping, prepare meals, wash dishes and make decisions about furniture and decorations. Here is a sobering statistic: The World Economic Forum's Global Gender Gap Report states that it will take at least 208 years for the U.S. to achieve true gender equality. Some men say it is simply not in their DNA to grab a broom and sweep the kitchen. WOW!




✓ We have heard more often than not that money alone does not bring happiness. Now, a study from Yale and Oxford Universities of over one million people shows that people who exercise are markedly happier than people who don't regardless of their wealth. The study published in the medical journal, Lancet, shows that people who are active report they have 35 days of poor mental health a year. Those who are sedentary report an average of 18 additional down days. The study shows that on average, a sedentary person would have to earn an additional \$25,000 to be as happy as a person who exercises. A note of caution: If you are on a limited budget you might not want to spend \$50 or \$100 on a pair of sneakers-this could take some of the "joyful gain" out of exercising.


✓ Parents on a fixed income with little disposable cash whose kids want to visit a Disney park are now facing a new challenge. The original Disney theme park in Anaheim, California is raising its ticket prices, pushing day passes beyond the \$200 mark for the first time in its 65 year history. The annual pass pricing is being hiked as well. Yes, there are discount packages available at Disney theme parks but many parents complain they still cannot afford to bring their kids to visit with Minnie & Mickey. Some are seeking out mental health therapists to learn how to explain this to their kids.


Source: Gary R'nel

### **Refer us to a colleague. We appreciate it!**

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Mona Ruback