

Associated Billing Center's
Newsletter

Building Our Reputation One Client at a Time

-Volume 52 -

-February, 2021

Reminder: Our New Mailing Address: Associated Billing Center, LLC-241 Forsgate Drive, Ste. 116, Jamesburg, NJ 08831

A Message From Mona

Our New Website is Live!

After several months of planning, clicks and reviews, our new website is now live. Check it out for the latest additions to our *Blog* and *Newsletter* Pages. **WIN A \$20 Dunkin Gift Card!** Send us your suggested name for our website Turtle. Our team will review the entered names and select one. Also, our website features pictures of our new office suite.

I want to take this opportunity to thank you and express my appreciation for the many referrals you have sent our way. Service businesses such as **Associated Billing Center, LLC** rely, to a great extent, on our reputation within the marketplace to help our business grow and I am thankful for your support.

We're Going Green

Associated Billing Center, LLC is mindful of each of our footprints on the environment. No, we are not getting political here just doing our part to help protect the Earth's natural resources by reducing our dependency on paper products.

Why We Utilize a Clearinghouse

A clearinghouse acts in the capacity of an online filter that ensures that the claims we submit are formatted correctly for individual insurance companies. Most insurers require billing services to utilize a clearinghouse. The costs can be somewhat prohibitive. We were successful in negotiating a lower per claim submission rate in order to maintain our competitive fee structure in the marketplace.

STAY SAFE. STAY HEALTHY.



Best Regards,
Mona

Education Box-You Need to Know



* Telehealth Update *

New Legislation Proposed for Telehealth

The Protecting Access to Post-Covid-19 Telehealth Act of 2021 was introduced by a group of bipartisan lawmakers in late January to *permanently* expand many of the temporary telehealth expansions permitted during the Public Health Emergency. The highlights include:

- >Eliminate Medicare's geographic restrictions starting on December 31, 2021.
- >Allows a person's residence as an originating site for all eligible telehealth services starting January 1, 2022.
- >Grants the Department of Health & Human Services permanent disaster waiver authority to expand telehealth.
- >Permanently authorizes CMS to reimburse for telehealth for 90 days after the PHE is rescinded.
- >Requires Health & Human Services to conduct a comprehensive study on telehealth utilization, costs, and geographic disparities.

Congressional lawmakers could also take action on interstate licensing regulations with two bills designed to make it easier for providers to deliver care across state lines during the pandemic with some debate in existence concerning making this change permanent.

A Reminder

Mental Health providers are reminded that once the PHE ends, Medicare will no longer reimburse providers for furnishing services via audio-only devices. After the end of the Public Health Emergency, only devices that have both audio and video transmission capabilities will be eligible for reimbursement under Telehealth.

Horizon & UBH Note

Horizon BCBS of NJ and UBH are no longer issuing paper checks. If you do not sign up for EFT (electronic funds transfer) you will receive a virtual credit card (to be processed as a regular credit card).



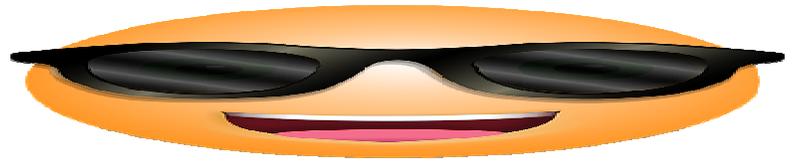
GOAL PLAN SUCCESS

Developing a Business Plan

Yes, your mental health practice is a business. Graduate school does not schedule adequate learning space on the topic of running a successful practice. Every practice, new and established, needs to have a business plan, formal or informal, to serve as a GPS for sustainability and growth. The following are a few thoughts to consider when refreshing or creating your practice **Business Plan**.

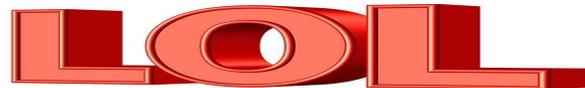
- Will my practice offer specialty areas? It is important to highlight these areas in provider search websites, as well as in any local marketing you may engage in.
- Establish a referral network. Among the most successful tools to grow your patient roster is through insurance referrals. Also, establish relationships with your peers through state and local professional chapters.
- Start planning for post Covid-19. How will you integrate Telehealth into your practice's day to day operation? Some patients will want to continue utilizing this technology. Also, think about if you want to grow your practice by expanding the use of this technology.
- Speak to your patients about "client satisfaction". Your services are considered a "consumable product" and feedback is an important element in maintaining clients.

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



- A young woman took her troubles to a therapist. "You must help me," she pleaded. "It's gotten so that every time I date a nice guy, I end up in bed with him. And then afterward, I feel guilty and depressed for a week." "I see," nodded the therapist. "And you, no doubt, want me to strengthen your will power and resolve this matter." "For God's sake, NO!" exclaimed the woman. "I want you to fix it so I won't feel guilty and depressed."
- Why is therapy a lot quicker for a man then for women? Because when it's time to go back to childhood, a man is already there.
- A therapist returned from a conference in Aspen lodge where all the counselors were permitted to ski for free. Her husband asked her how it went. She replied, "Fine, but I've never seen so many Freudians slips." (Ok, we know this one is weak).
- The mother of a problem child was advised by a psychiatrist, "You are far too upset and worried about your son. I suggest you take tranquilizers regularly." On her next visit the psychiatrist asked, "Have the tranquilizers calmed you down?" "Yes", the boy's mother answered. "And how is your son now?" the psychiatrist asked. "Who cares?" the mother replied.

Source:free-funny-jokes.com



Social Worker Month-2021

March is Social Workers Month. The theme this year is **Social Workers Are Essential**. The Social Work profession is one of the fastest growing in the United States with nearly 800 thousand people expected to be employed as Social Workers by 2028. **Social Workers Are Essential** embodies the heroic contributions of the Social Work profession especially during these times of pandemic, racial unrest, economic uncertainty and political divisiveness. The United States is facing a massive social worker shortage by 2030. There are already serious regional shortages in rural areas and specific states, but the shortfall will equal tens of thousands of professionals nationwide in just a few years. Social workers are seeing an increase in demand for their services. It is expected that an increase in session appointments will continue post the pandemic as patients realize the benefits of therapy.

Police & Mental Health Professionals "Merge"

Prince William County in Virginia is being proactive with a merger between police and mental health professionals. The program is intended to de-escalate situations involving persons in crisis. The county officials decided on a model in consultation with the local chapter of the National Alliance on Mental Illness. The model pairs a police officer who's trained in crisis intervention with a masters-level clinician. They will attempt to de-escalate the situation together. The county says that if someone is experiencing a mental health emergency, they should call 911 and ask for a co-responder team or a crisis intervention team officer.

A survey by the Police Executive Research Forum found that new recruits received a minimum of eight hours of crisis intervention training, but spent nearly 60 hours in training on the use of their weapons. There has been a call across the country to implement this type of police/mental health professional response where needed nationwide.

Stories You Simply Need to Know About



✓ A recent Trivago survey says that desperate vacationers would be willing to give up love, sex or money in exchange for taking a vacation after feeling isolated during the Covid-19 pandemic. 38 percent would give up sex for a year (or so they say), one quarter would fork over their savings (depending on the size of those savings), while one in five said they would dump their partner if it meant they could take a trip in the near future (some could be willing to dump their partner without regard to a vacation). More than half of those surveyed now say they plan on taking a vacation later this year but that the decision largely depends on the pace of vaccinations. The definition of a “dream vacation” has taken a new twist; most described it now as the opportunity to spend time with friends and family.



✓ The debate over how much household chores are worth is as old as time. A recent court ruling in China concerning women who are domestic engineers put the answer at about \$4 per day. A Beijing divorce court ruled that a woman should receive about \$7000 for “household labor” following a split from her husband. Ms. Wang married her husband, Mr. Chen, in 2015, before separating and then divorcing five years later. The judge added that the courts would need to “accumulate experience” to determine the amount of compensation in such cases in the future. A new civil code in China seeks to strengthen personal rights.



✓ Swiss researchers announced the development of a wearable sensor that measures cortisol in human sweat. The device warns you if your stress levels are growing dangerously high. Cortisol is the stress hormone whose levels fluctuate throughout the day following a circadian rhythm. The sensor is the first non-invasive tool that allows scientists and doctors to capture cortisol levels throughout an entire day.

✓ If you have not found that “perfect partner” you are not alone. According to the U.S. Census Bureau, the number of Americans who have never been married, are divorced or are living alone is trending upward. Recent research shows that some people view singlehood as a happy destination. Going it solo is also on the rise in many countries including Japan, Italy and Sweden. One of the determining factors between happy and unhappy singles was whether they internalized stereotypes and stigmas that society, until recently, affixed to those not yet “hooked up”. Singles socialized with their friends up to 45% more than married couples according to the research.

Refer us to a colleague. We appreciate it!

Please check out our website: mentalhealthbillers.com for our News & Blog updates.

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