

TERRA SOMA HEALTH 2026-2027 FEE SCHEDULE

INDIVIDUAL & GROUP COUNSELING RATES

Tiers A, B, and C refer to sliding scale counseling fees for clients experiencing varying degrees of financial hardship. To determine which Tier you qualify for, please refer to the Personal Financial Experiences Chart below. Late and no show fee percentages are based on the cost of the session the client missed.

| Massachusetts-Based Clients | | Self Pay | Tier A | Tier B | Tier C | Insurance Rate |
|-----------------------------|--------------------------------|----------|--------|--------|--------|---|
| 90791 | Diagnostic Evaluation / Intake | \$200 | \$180 | \$100 | \$80 | <i>Accepting Aetna, Cigna & Carelon Insurances with client free registration with Alma. Also accepting non-Alma clients with Harvard Pilgrim Health. Fees are subject to the client's deductibles and copayments.</i> |
| 90837 | 60-min Session | \$180 | \$150 | \$80 | \$60 | |
| 90834 | 45-min Session | \$160 | \$160 | \$60 | \$40 | |
| 90832 | 30-min Session | \$140 | \$140 | \$40 | \$20 | |
| 90846 | Joint Session w/out Client | \$180 | \$150 | \$80 | \$60 | |
| 90847 | Join Session w/ Client | \$180 | \$150 | \$80 | \$60 | |
| 90853 | 60-min Group Counseling | \$30 | \$30 | \$30 | \$20 | |
| 90853 | 90-min Group Counseling | \$40 | \$40 | \$30 | \$20 | |
| -- | Late / No Show Fees | 50% | 30% | \$25 | \$10 | |

| New Hampshire-Based Clients | | Self Pay | Tier A | Tier B | Tier C | Insurance Rate |
|-----------------------------|---------------------------------|----------|--------|--------|--------|--|
| 90791 | Diagnostic Evaluation / Intake | \$200 | \$150 | \$100 | \$80 | <i>Accepting Aetna, Cigna & Carelon Insurances with client free registration with Alma. Fees are subject to the client's deductibles and copayments.</i> |
| 90837 | 60-min Session | \$180 | \$120 | \$80 | \$60 | |
| 90834 | 45-min Session | \$160 | \$100 | \$60 | \$40 | |
| 90832 | 30-min Session | \$140 | \$80 | \$40 | \$20 | |
| 90846 | Joint Session w/out Client | \$180 | \$120 | \$80 | \$60 | |
| 90847 | Join Session w/ Client | \$180 | \$120 | \$80 | \$60 | |
| 90853 | 60-min Group Counseling | \$30 | \$30 | \$30 | \$20 | |
| 90853 | 90-min Group Counseling | \$40 | \$40 | \$30 | \$20 | |
| | Late / No Show Fees | 50% | 30% | \$25 | \$10 | |
| -- | 2-Day EMDR Intensive (6 hrs) | \$550 | NA | NA | NA | |
| -- | 2-Day Somatic Intensive (6 hrs) | \$550 | NA | NA | NA | |

SPECIALTY PROGRAMS & SERVICES

| Somatic & Nature-Based Programs | Self Pay | Sliding Scale* | |
|---|----------|----------------|--------|
| | | Tier A | Tier B |
| 8-Week Embodiment Workshops for Women | \$200 | \$160 | \$120 |
| Therapeutic Backpacking – without gear | \$349 | \$300 | \$200 |
| Therapeutic Backpacking – gear included | \$399 | \$349 | \$200 |
| Rediscovering Self: 8-Day Vision Fast – without gear | \$449 | \$400 | \$250 |
| Rediscovering Self: 8-Day Vision Fast – gear included | \$499 | \$449 | \$350 |

PERSONAL FINANCIAL EXPERIENCES CHART

| Financial Factor | TIER A | TIER B | TIER C |
|--------------------|--|--|--|
| Basic Needs | I can meet them comfortably | I occasionally stress about meeting them, but manage to anyway | I regularly stress about meeting my basic needs and don't always achieve it |
| Debt | I have some debt, but it doesn't interfere with meeting my needs | I have some debt, but it doesn't interfere with meeting my needs | I have some debt and it sometimes interferes with meeting my needs |
| Home | I own my own home | I rent | I rent and/or have unstable housing |
| Vehicle | I own or lease a car | I own or lease a car | I sometimes struggle to have access to a car |
| Healthcare | I have regular access to healthcare | I am under insured | I am under or un-insured |
| Expendable Income | I have some extra money to spend on non-needs | I rarely have extra money to spend on non-needs | I do not have expendable income |
| Savings | I have financial savings | I might have access to financial savings | I have no savings |
| Vacation | I can afford at least one vacation annually | I can take a vacation, but it comes with a financial burden | I cannot afford a vacation or afford to take time off |
| Your Sliding Scale | My situation most closely resembles the realities in this column, so I am eligible for "Tier "A" rates | My situation most closely resembles the realities in this column, so I am eligible for "Tier "B" rates | My situation most closely resembles the realities in this column, so I am eligible for "Tier "C" rates |

FINANCIAL PROCEDURES

Payment Methods: I accept all major credits cards as forms of payment. I do not accept check or cash.

Insurance Benefits: Unless you are a registered client of Alma, you will be responsible for being informed about your own insurance health benefits, copayments and deductibles. For that reason, I recommend you contact the member services 1-800 number on your insurance card and ask the following questions:

- Does my health insurance plan include behavioral health benefits?
- Do I have a deductible to meet before I begin paying my co-payment? If so, how much do I owe?
- What is my co-payment amount per service after my deductible is met?
- Do I need a pre-authorization for mental health services to be covered?
- Is Krista Bajgier at Terra Soma Health covered by my insurance plan? Her NPI is: 1720545437

Out-of-Network Reimbursement: Terra Soma Health participates with Mentaya (www.mentaya.com) which is a women-owned business focused on making therapy affordable by simplifying the process of getting reimbursed for out-of-network and out-of-pocket mental health service costs. Mentaya can help with partial claims reimbursement to lower the cost of treatment. If you're interested in this type of support, please contact info@terrasomahealth.com and arrange to be added as a client.

Additional Questions? Please contact info@terrasomahealth.com for additional information about payments, billing, and claims.