

# cigna speech therapy fee schedule

**Cigna speech therapy fee schedule** is an essential aspect for patients seeking speech therapy services under the Cigna health insurance plan. Understanding the fee schedule can help patients budget for their healthcare needs and understand their financial responsibilities. This article will provide a detailed overview of Cigna's speech therapy fee schedule, the coverage provided, factors affecting costs, and tips for maximizing benefits.

## Overview of Cigna Speech Therapy Coverage

Cigna is one of the leading health insurance providers in the United States, offering various health plans that include coverage for speech therapy. Speech therapy is often necessary for individuals who have communication disorders due to various reasons such as developmental delays, neurological conditions, or after certain medical procedures.

## Types of Speech Therapy Services Covered

Cigna typically covers several types of speech therapy services, which may include:

1. Evaluation Services: Initial assessments to diagnose speech or language disorders.
2. Individual Therapy: One-on-one sessions between a therapist and the patient.
3. Group Therapy: Sessions involving multiple patients, often used for social communication skills.
4. Teletherapy: Remote speech therapy sessions conducted via video conferencing.
5. Family Counseling: Guidance for family members to support the patient's communication needs.

## Cigna Speech Therapy Fee Schedule

The Cigna speech therapy fee schedule outlines the costs associated with various speech therapy services. It is crucial for patients to review this schedule to understand what they may owe out-of-pocket.

## Understanding the Fee Schedule

The fee schedule typically lists:

- Service Descriptions: Detailed information about each type of service offered.
- CPT Codes: Current Procedural Terminology codes used to identify specific services.
- Allowed Amount: The maximum amount Cigna will pay for each service.
- Patient Responsibility: This includes copayments, coinsurance, and

deductibles.

## **Common Fee Schedule Items**

While specific fees can vary based on location, provider, and the patient's plan, here are some common elements you might find in the Cigna speech therapy fee schedule:

- Initial Evaluation: Approximately \$200 - \$400
- Individual Therapy Session: Ranges from \$100 - \$250 per session
- Group Therapy Session: Typically around \$50 - \$100 per session
- Teletherapy Session: Usually similar to individual therapy, ranging from \$100 - \$200

Patients should consult their specific plan documents or contact Cigna directly for accurate pricing.

## **Factors Affecting Speech Therapy Costs**

Several factors can influence the costs associated with speech therapy services under a Cigna plan. Understanding these can help patients navigate their financial responsibilities more effectively.

### **1. Plan Type**

- HMO Plans: May require referrals from primary care physicians and may have lower costs.
- PPO Plans: More flexibility in choosing providers, but potentially higher out-of-pocket costs.

### **2. Provider Network**

- In-Network Providers: Generally, patients will incur lower costs when using providers within Cigna's network.
- Out-of-Network Providers: Costs can be significantly higher, and coverage may be limited.

### **3. Location**

- Costs for speech therapy can vary by state and city. Urban areas may have higher fees compared to rural settings.

### **4. Frequency of Visits**

- The number of therapy sessions needed can impact the overall cost. More frequent visits can lead to higher cumulative expenses.

# Maximizing Cigna Speech Therapy Benefits

To make the most of the Cigna speech therapy coverage, patients should consider the following strategies:

## 1. Pre-Authorization

- Some services may require pre-authorization. Always check with Cigna to ensure that the proposed services are covered.

## 2. Use In-Network Providers

- Research and select a speech therapist who is part of Cigna's network to minimize out-of-pocket costs.

## 3. Review Plan Documents

- Familiarize yourself with the specific details of your health plan, including any limits on therapy sessions and the associated costs.

## 4. Keep Records

- Maintain a detailed record of all therapy sessions, invoices, and communications with Cigna to streamline the reimbursement process.

## 5. Ask About Discounts

- Inquire whether the speech therapy provider offers any discounts for multiple sessions or upfront payments.

## Conclusion

The Cigna speech therapy fee schedule is a critical resource for patients seeking to understand their financial responsibilities regarding speech therapy services. By familiarizing themselves with the types of covered services, the fee schedule, and the factors influencing costs, patients can make informed decisions about their healthcare. Additionally, taking proactive measures to maximize benefits can alleviate some of the financial burdens associated with speech therapy, ensuring that patients receive the necessary care for their communication needs.

For specific details regarding coverage and costs, patients should always reach out to Cigna directly or consult their policy documents, as benefits can vary widely based on individual plans. Overall, being well-informed and prepared can lead to a more effective and less stressful experience in

managing speech therapy needs.

## **Frequently Asked Questions**

### **What is the Cigna speech therapy fee schedule?**

The Cigna speech therapy fee schedule outlines the reimbursement rates for speech therapy services provided by in-network and out-of-network providers, detailing how much Cigna will pay for different types of speech therapy sessions.

### **How can I find out the specific rates for speech therapy under Cigna?**

You can find the specific rates for speech therapy under Cigna by checking your member benefits on the Cigna website, contacting customer service, or reviewing the provider directory for detailed fee schedules.

### **Does Cigna cover speech therapy services?**

Yes, Cigna typically covers speech therapy services when they are deemed medically necessary and provided by a licensed speech-language pathologist.

### **Are there any prerequisites for Cigna to approve speech therapy services?**

Cigna may require prior authorization for speech therapy services, which usually involves a referral from a primary care physician and documentation of medical necessity.

### **How often can I receive speech therapy services through Cigna?**

The frequency of speech therapy services covered by Cigna can vary based on the individual's plan, medical necessity, and the provider's recommendations, but typically it can be weekly or bi-weekly.

### **What should I do if my speech therapy claim is denied by Cigna?**

If your speech therapy claim is denied by Cigna, you should review the explanation of benefits, contact Cigna's customer service for clarification, and consider filing an appeal if you believe the service was medically necessary.

### **Is there a cap on the number of speech therapy sessions covered by Cigna?**

Some Cigna plans may have a cap on the number of covered speech therapy sessions per year, but this varies by plan. It is best to check your specific policy details for limitations.

## **Can I use an out-of-network provider for speech therapy with Cigna?**

Yes, you can use an out-of-network provider for speech therapy with Cigna, but you may have higher out-of-pocket costs compared to using an in-network provider.

## **What factors influence the speech therapy fee schedule with Cigna?**

Factors that influence the speech therapy fee schedule with Cigna include the type of service provided, the provider's qualifications, geographic location, and whether the provider is in-network or out-of-network.

## **How can I appeal a decision related to the Cigna speech therapy fee schedule?**

To appeal a decision related to the Cigna speech therapy fee schedule, follow the steps outlined in your member handbook, which typically includes submitting a written appeal along with any supporting documentation.

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