

## Billing Insurance

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### Description and Importance

Billing insurance for adult ADHD evaluations doesn't need to be intimidating. When approached with the right tools and a proven workflow, insurance billing can become a reliable source of income, reduce your reliance on private pay, and increase access to your services. This chapter breaks down a tested billing strategy that balances clinical effort with fair reimbursement, using specific CPT code combinations optimized for efficiency. With thoughtful planning and proper systems in place, insurance billing can be sustainable, ethical, and highly profitable.

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### Learning Objectives

By the end of this chapter, trainees will be able to:

1. Understand and apply CPT billing codes used in adult ADHD evaluations
2. Estimate insurance reimbursement using realistic, field-tested data
3. Organize your schedule and workflow around billable units to maximize income
4. Identify essential infrastructure for billing, including credentialing, documentation, and administrative support
5. Evaluate the option to outsource insurance billing to professional services

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### Outline for Presentation

#### 1. Introduction

- Why insurance billing should not be overlooked
- Dispelling common myths about poor reimbursement and high complexity
- Billing as a long-term strategy for clinical and financial sustainability