



UNDIVIDED ATTENTION

## Good Faith Estimate for Health Care Items and Services Updated September 13, 2024

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### ***Provider Information***

Kelly Pickens, APNP, FNP-BC, ADC-C, ADHD-CCSP

- Individual NPI: 174281401
- EIN: [88-3786569](#)
- Wisconsin APNP Family Nurse Practitioner License #2602-033 (expires 9/30/2026).
- Wisconsin RN License #150438-30 (expires 2/29/2025).
- Family Nurse Practitioner, Board Certified, American Nurse Credentialing Center #0383146 (expires 10/31/2028).
- American Institute of Healthcare Professionals: Certified Attention Deficit Consultant (expires 7/26/2026).
- Evergreen Certification: Attention-Deficit/Hyperactivity Disorder Certified Clinical Services Provider (expired October 2025)

Location of Services: We provide services via telehealth and in-person at 6441 Enterprise Lane, Suite 210, Madison, WI 53719.

You are entitled to receive a “Good Faith Estimate” for your expected services. While it is not possible to know in advance how many sessions may be needed or provided to each patient, we have provided this estimate based on what the charges could be for your services as of the date above.

This Good Faith Estimate is not intended to serve as a recommendation for treatment or a requirement that you need to attend a specified number of visits. We’ll recommend the number of sessions after your initial consultation. Together, we’ll decide what’s best for you based on your unique needs. The total cost of services may depend on your progress, how many sessions you attend, and whether you request additional sessions. You’re always in control of your journey, and you can stop services at any point if you choose.

If you have any questions about your treatment plan, payment options, or the information provided in this Good Faith Estimate don’t hesitate to reach out! We’re here to help.

# Good Faith Estimate for Health Care Items and Services

## ***Estimate Details***

The following is a detailed list of expected charges for services that would be potentially provided by Undivided Attention, LLC over a 12-month period if a diagnosis of ADHD is revealed.

Service	Diagnosis Code <sup>1</sup>	Service code	Quantity	Cost per unit	Expected cost
Individual Comprehensive Neuro-affirming Evaluation			1	\$1500	\$1500
3 <sup>rd</sup> Party Cognitive and Mental Health Assessments and Interpretation			1	\$0	\$0
Feedback session	TBD		1	\$0	\$0
Psychoeducational Counseling: Undivided Attention ADHD Program Session #1: Understanding Your Nervous System	F90.9		1	\$500	\$500
Psychoeducational Counseling: Undivided Attention ADHD Program Session #2: Working with Your Nervous System	F90.9		1	\$0	\$0
Maintenance Counseling 60-minutes	F90.9	99213	TBD	\$150	TBD
Brief Check-in 30-minutes	F90.9	99212	TBD	\$50	TBD
1 to 3 lead ECG with Interpretation and Report		93042	1-2	\$0	\$0

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**The total cost of the Undivided Attention Comprehensive Neuro-affirming Evaluation is \$1500.00.**

**Payment is expected in full once the evaluation process has been initiated.**

A \$500 fee will be assessed as a non-refundable 'deposit' at the Initial Intake Consultation if you wish to proceed with evaluation.

The remaining \$1000.00 balance is due at the Interview Session.

## **Description of Services:**

The Initial Interview and Feedback sessions are a discovery process not limited to diagnosis. We will be conducting a thorough symptom analysis that will guide the management plan. In the first visit (90 minutes), we'll get to know you better by asking about: educational history, social/relationships, legal history, occupational history, past medical history, medications, surgeries, family history, alcohol and substance use, current symptoms, severity, and areas of executive dysfunction, etc. We will also conduct, time permitting, a brief, limited physical exam including blood pressure, 6-Lead ECG, and weight. If there is documentation from external providers needed to aid in the diagnosis, you will be asked to sign Release of Information forms.

## **Testing:**

You will then be asked to complete, on your own time, if possible, remote assessments of your cognitive status, mental health surveys, and a character strengths survey. If needed, there is an option for you to utilize time, space and technology here in the office to complete this work for a \$75 fee.

This evaluation will explore the possibility of ADHD as well as the less obvious presentation of Autism Spectrum Disorder, PTSD, Bipolar Disorder, OCD, Substance abuse, Depression, Anxiety, Sensory Processing issues, Alexithymia, and more. We will also utilize standardized rating scales to evaluate the impact of your symptoms on your daily functioning objectively.

This approach to your evaluation is neuro-affirming and should be viewed as a collaborative exploration of your identity. The goal is to help you align your internal experience of the world with your external experience so that you can become your whole, integrated, authentic self.

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## Feedback and Treatment Plan:

If it does not appear to be ADHD, you will receive a thorough explanation of how that conclusion has been reached and provided with resources and referrals for services appropriate to your unique needs.

**If ADHD is revealed**, you may enroll in the *Undivided Attention ADHD Management Program* which begins with a deep psycho-educational dive into the ADHD nervous system, how it is different from a 'typical' nervous-system, how that impacts your day-day functioning and your general mental and physical health. And finally, what to do about it. This takes place over 2 90-minute sessions which are best conducted in-person.

The goal is to set you up for the best possible outcomes. The evaluation process, and the management program that follows it, is evidence-based and designed precisely for this purpose, even if you have previously been evaluated for, and diagnosed with ADHD\*\*\*.

Subsequent visits (once the psycho-educational sessions are completed) either virtual or in person, will be either 60 minutes counseling sessions, or brief 30-minute medication check-ins depending on your progress, stability, and preferences.

The total cost of **"onboarding" your 'ADHD Management'** with Undivided Attention is \$2000 (\$1500 for the evaluation plus \$500 for the Counseling Program). The evaluation as described, and the 2 psychoeducational sessions are a required prerequisite before medication management will be initiated.

## **What is the value to you with this approach?**

- Comprehensive evaluation informed by the latest, up-to-date research providing rich information to deepen your insight into your experiences of the world.
- An ADHD 'coaching/psychoeducational' program (the cost of which alone can range up to \$2000) designed to give you an unparalleled understanding of your ADHD and coexisting conditions.
- Proprietary ADHD Workbook that will provide ADHD education, opportunities for self-exploration, and medication effectiveness tracking, in addition to countless other resources.
- Medication management.
- A unique, state-of-the-art, multi-modal treatment approach that is not readily available elsewhere.

## **Timeline:**

In the first 12 months after a new diagnosis, it is recommended that we follow up closely. Typically, it may look something like this:

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- Virtual Initial Intake Consultation
- In-person evaluation Interview
- Remote testing process and data gathering
- Feedback session up to 2 weeks from Interview
- Counseling #1 – Understanding Your Nervous System: 1-4 weeks from Feedback
- Counseling #2 – Working with Your Nervous System: 1-4 weeks from Counseling #1
- 30–60-minute Check in 1-4 weeks from Counseling #2

Future sessions are dictated by the amount of therapeutic support you wish to receive, as well as medication monitoring. Due to the very common, and quite impairing memory challenges, it helps to keep re-visiting the concepts you will learn in *The Program* so that you can successfully implement the strategies, embody what it means to have an Interest-Driven Nervous System, and let go of internalized ableism.

If you are prescribed stimulant medications, expect to schedule a 30-minute session every 3-6 months. You are welcome to schedule more visits - this is the minimum requirement and one of those visits must be in-person per year to meet regulatory guidelines around controlled substances.

For non-stimulant medications, visits can be scheduled every 3-12 months depending on stability of symptoms. Most clients seem to do best when they maintain a 30–60-minute session monthly after the “Understanding Your Nervous System” deep-dive program.

## **Additional Services:**

Document preparation billed at \$150 per hour. Examples include:

- Occupational or academic accommodations planning
- Disability statements
- International travel medication certifications
- FMLA requests

## **Financial Matters:**

Services rendered by Undivided Attention are Health Savings Account and Flexible Spending Account eligible. CareCredit is an option for those who wish to have a method of financing the cost of care over time.

Click here for more information: [CareCredit](#)

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After the initial year of service, and depending upon stability, clients may expect one 30 to 60-minute appointment every 3-6 months as long as Undivided Attention is prescribing any of your medications. Thus, the out-of-pocket costs for subsequent year(s) of service may fall in a range from: \$200 - \$600 per year.

## Disclaimers

- This Good Faith Estimate is not a contract. It does not obligate you to receive any services from Undivided Attention, LLC.
- This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs. The estimate is based on information known at the time the estimate was created.
- There may be additional services that are recommended as part of your course of care that must be scheduled or requested separately. Such services are not reflected in this Good Faith Estimate. Separate Good Faith Estimates will be issued upon scheduling or upon request of the items or services listed here:

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If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. Actual items, services, and charges may differ from this Good Faith Estimate. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

If the actual amount charged to you substantially exceeds the costs listed in this Good Faith Estimate, you have the right to dispute the bill. You may contact us if the billed charges are higher than the Good Faith Estimate. You can ask us to update the bill to match the Good Faith Estimate, negotiate the bill, or ask if there is financial assistance available.

You may also use the dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about four months) of the date on the original bill. There is a \$25 fee to use the dispute process. Initiating the dispute resolution process will not adversely affect the quality of the services provided by Undivided Attention, LLC. If the agency reviewing your dispute agrees with

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you, you will have to pay the estimated total for services provided on this Good Faith Estimate. If HHS disagrees with you and agrees with Undivided Attention, LLC, you will be obligated to pay the higher amount on your bill. To learn more and get a form to start the process, go to [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) or call HHS at 1-800-985-3059.

*Keep a copy of this Good Faith Estimate in a safe place or take a picture of it.  
You will need it if you choose to initiate the dispute resolution process outlined above.*

- 1 *Note:* Existing clients may have an established treatment plan; however, prospective or new patients may not. If enough information is not yet available, Undivided Attention, LLC will make a reasonable attempt, based on information known at the time the estimate is created, to include expected diagnosis and service codes as well as expected charges associated with the service(s).