

**In/Sight Stress Reduction
Financial Policy**

The charge for the In/Sight Stress Reduction program is \$425. This fee covers the initial interview, eight two-hour sessions, a practice guide and other accompanying materials. The full payment is expected prior to the first group session. Arrangements may be made to pay \$225 at the interview and the remaining \$200 by the second session. Space is limited, and we reserve a space for you once you register; you remain responsible for payment of the entire program fee even if you miss a session or drop out of the program.

You may check with your medical insurance to see if it will cover a portion of the cost of the program through coverage for a mindfulness-based health and wellness class. The stress reduction program is not considered group therapy and is not covered under insurance as such.

By my signature below, I indicate that I understand and agree to abide by this financial policy.

Signature _____ Date _____

Printed Name _____