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Teletherapy/Telehealth is the delivery of counseling via the Internet. It is a convenient way to attend your therapy sessions from wherever you choose. It's also known as e-therapy, distance therapy, Internet therapy, and web therapy. Below are common questions I receive when someone is asking about telehealth. Feel free to contact me should you like to discuss further.

Does Insurance cover telehealth? Is there an additional charge for telehealth?

How do you access telehealth?

Is telehealth as good as in-person sessions?

Is telehealth right for me? Am I a good candidate for telehealth?

What are your policies regarding telehealth?

Are there privacy/security concerns regarding telehealth?

Does insurance cover telehealth? Is there an additional charge for telehealth?

Many insurance plans do cover telehealth services. Most plans that I work with within Horizon Blue Cross Blue Shield, United Healthcare, and Aetna will cover telehealth services. There is no additional charge for telehealth, and you will pay the same rate as in-person sessions. The best way to know for sure is to contact your insurance provider and ask if your specific plan covers telehealth.

How do you access telehealth?

I use a video conferencing system that allows us to meet weekly via your computer, phone, or tablet. Once we have established if you are a good fit for telehealth, you will receive a link each week that allows you to log into our session at a scheduled time.

Is telehealth as good as in-person sessions?

Studies now find that telehealth is just as beneficial for delivering therapy sessions as in-person sessions.¹ Most people enjoy the convenience of not having to rush to an office before or after work and many people are able to receive therapy on their lunch breaks or at times that would be inconvenient due to travel. Additionally, telehealth allows us to meet for a longer period of time

¹ Bashshur, R. L., Shannon, G. W., Bashshur, N., & Yellowlees, P. M. (2016). The Empirical Evidence for Telemedicine Interventions in Mental Disorders. *Telemedicine journal and e-health : the official journal of the American Telemedicine Association*, 22(2), 87–113. <https://doi.org/10.1089/tmj.2015.0206>

(the standard, preferable 55-minute session as opposed to a 45-minute sessions) as people can be seen more efficiently.

Is telehealth right for me? Am I a good candidate for telehealth?

We can discuss your specific needs and reasons for coming to therapy when you contact me to find out if telehealth is right for you. There are some general things to keep in mind when making the decision to use telehealth.

Good candidates for this service include those who:

- Have a quiet space in their environment where they will not be interrupted for sessions.
- Are computer literate.
- Are NOT feeling suicidal.
- Are bedridden due to age, disease, illness, or inability to travel.
- Are looking to address concerns that don't impair daily functioning (i.e. being able to go to work/school, eat on your own, bathe yourself, etc.).
- Have been in therapy previously and are looking for "touch-up" or periodic follow-up sessions.
- Looking for more convenient ways to get therapy and are busy.

People who may not benefit from Teletherapy include those who:

- Are constantly interrupted by outside stressors or who have little privacy in their environment.
- Have poor computer skills.
- Isolate themselves in their homes.
- Have serious Mental Health Issues (i.e. Schizophrenia, Severe forms of Bipolar, individuals who see or who hear things that are not based in reality, etc.).
- Are feeling suicidal.

What are your policies regarding telehealth?

My same office policies apply to telehealth with a few exceptions.

- You must be located in New Jersey or New York at the time of the session in order to receive telehealth from me.
- You must provide an emergency contact that can be notified in case of an emergency.
- You must be willing to provide your physical address at the start of each therapy session in case of an emergency.
- You must have a valid credit card on file for any copays/payments.

Are there privacy/security concerns regarding telehealth?

There is never a one hundred percent guarantee of privacy/security when using the Internet, however you will be on an encrypted service meant specifically for telehealth that is designed to minimize malicious threats. The software platform is HIPPA compliant. If security is a concern for you, please contact me as there are other platforms we can use that can help ensure security.