

LifeStance Health:

Pros & Cons of LifeStance Health:

Pros:

- In-person and online services.
- Extensive provider directory.
- Insurance acceptance.
- Diverse range of services.

Cons:

- Lack of transparency on out-of-pocket costs.
- Limited availability in certain states.
- Insurance plans vary by provider.
- Neuropsychological testing not universally available.



Who Finds LifeStance Ideal?:

- Those utilizing insurance.
- Seeking both in-person and online services.
- Interested in neuropsychological testing.

- Out-of-pocket costs not explicitly stated.
- Therapy costs in a specific location: \$325 (fully licensed) / \$85 (student therapist).
- Psychiatry initial appointment: \$425.

Costs and Medication Management:

Using LifeStance Health:

- Check eligibility by clicking "Find Provider."
- Mobile browser functionality for seamless use.
- Provider directory organized by state and zip code.