



## Therapy Rates 2025

### Reimbursed/insured care:

If you have a referral letter stating that your GP suspects a DSM-5 diagnosis (which is eligible for reimbursement), your treatment will be fully or largely reimbursed by your (DUTCH) health insurer from your basic package. Mental Profit uses the 'Standard price list for individual treatment' = NZa rates 2025, as drawn up by the government (see below).

**NB!** Mental Profit has not concluded any contracts with insurers for 2025. This means that the treatment is not 100% reimbursed.

Inquire in advance with your insurer how much they reimburse for a 'non-contracted BIG-registered GZ psychologist'!

This means that you pay part (on average 25%) of the treatment yourself. An in-kind policy reimburses between 65 and 80%, and budget policies reimburse the least, between 55 and 70%. Always inquire with your insurer. See for an overview (which has not been checked by Mental Profit!):

<https://contractvrijepsycholoog.nl/vergoedingen-2025>.

The therapy always starts with an 'intake' session (= diagnostics consultation, see below). Usually, 60 minutes are scheduled for this. The follow-up phase consists of treatment consultations (see below). Treatment sessions last 60 minutes.

\* With reimbursed care at Mental Profit you can sign a privacy statement so that no substantive information about your treatment is shared with insurers. However, this cannot prevent a statement at the insurance company that a reimbursed mental healthcare treatment has been claimed, which is only possible if there is a DSM diagnosis.

NZa Rates GZ psychologist setting outpatient section II 2024 (VAT exempt):

Prest.code	Performance	minutes	Price
C00042	Diagnostics	5	€ 40,71
C00107	Therapy	5	€ 32,34
C00172	Diagnostics	15	€ 70,87
C00237	Therapy	15	€ 58,25
C00302	Diagnostics	30	€ 118,50
C00367	Therapy	30	€ 100,01
C00432	Diagnostics	45	€ 166,04
C00497	Therapy	45	€ 142,29
<b>C00562</b>	<b>Diagnostics</b>	<b>60</b>	<b>€ 190,88</b>
<b>C00627</b>	<b>Therapy</b>	<b>60</b>	<b>€ 168,94</b>
C00692	Diagnostics	75	€ 232,71
C00757	Therapy	75	€ 207,96
C00822	Diagnostics	90	€ 285,28
C00887	Therapy	90	€ 254,06
C00952	Diagnostics	120	€ 395,59
C01017	Therapy	120	€ 361,79

Other rates (VAT exempt):

Prest.code	Performance	minutes	Price
OV0007	Intercollegiate consultation short	5	€ 30,99
OV0008	Long intercollegiate consultation	15	€ 89,24

These rates are only charged if these have been discussed with you in advance.

NB! Health insurers often claim to reimburse (a percentage of) the 'market rate' or the 'average contracted rate.' They usually do not mean the NZa rate but a lower rate that they use. Ask your health insurer for the exact amount they will reimburse you (or the percentage of NZa rates).

In some cases, a number of sessions with a psychologist are reimbursed from an additional package. That means immediate reimbursement without having to use your 'eigen risico'/'own risk.' You do not need a referral letter for this. If you have this option, please let us know in advance (you will then receive a different invoice)!

## Non-reimbursed/insured care:

This performance is intended for patients who receive care that falls outside the entitlement under the Health Insurance Act but is care as described in the Dutch Health Care Market Regulation Act (Wmg).

Mental Profit uses the NZa rate for non-reimbursed/insured care.

### Rates for 'self-payers' psychological care (VAT exempt):

Prest.code	Performance	minutes	Price
OV0012	non-basic healthcare package consultation	45	€ 138,15

The NZa system does not reimburse if there is no DSM diagnosis. Also, a number of DSM diagnoses are not reimbursed, such as adjustment disorder, relationship problems, or burnout.

NB! You cannot submit the invoices for this type of treatment to your insurer.

## Group treatment:

In group therapy, everything described above under reimbursed/insured treatment applies. Check with your insurer what percentage they reimburse and take into account the personal contribution that has not yet been used!

The NZa rates for group treatment depend on the number of clients and the number of minutes the entire group lasts.

For example, with a group size of 6 people and a group duration of 120 minutes (8x 15 minutes), the rate is per person 8x €11.00 = €88.00.

### Group treatment rates (VAT exempt):

Prest.code	Group size	minutes	Price
GC0006	2	15	€ 33,00
GC0014	3	15	€ 22,00
GC0022	4	15	€ 16,50
GC0030	5	15	€ 13,20
GC0038	6	15	€ 11,00
GC0046	7	15	€ 9,43
GC0054	8	15	€ 8,25
GC0062	9	15	€ 7,33
GC0070	10	15	€ 6,60

### no-show rate:

An agreed session can be canceled by you free of charge up to 1 day before the date of the session. The client owes the full amount when 24 hours or less before the session date is canceled.

NB! You will not be reimbursed for this by your health insurer.

### Payment

You receive the invoice, you pay the full amount to Mental Profit, and you submit the invoice to your insurer for full or partial reimbursement.

NB: Keep in mind that you always first pay the amount of your deductible yourself.

### Explanation of NZA rates/Care performance model

NZA rates are calculated by the Dutch Healthcare Authority, the government agency that annually determines what a consultation with a healthcare provider should cost on the basis of a large cost survey among healthcare providers/practice holders. This cost price includes all practice costs in the consultation price, e.g., office accommodation, costs of accounting/billing systems, costs of secure ICT facilities, mandatory memberships, costs of (re)registration, and income of the healthcare provider. The cost also

takes into account the time that the caregiver spends with a client and with administrative tasks outside the duration of the sessions. The NZa rate is, therefore, the actual market rate.

### Specifications and Explanation

In the Care Performance Model, the rates depend on:

- The setting (always setting outpatient section II within Mental Profit)
- The type of practitioner (always a healthcare psychologist within Mental Profit)
- The type of consultation (diagnosis or treatment)
- The length of a consultation (immediate time)

Government rates: [https://puc.overheid.nl/nza/doc/PUC\\_724624\\_22/](https://puc.overheid.nl/nza/doc/PUC_724624_22/)