



Happy New Year!! Stepping Stones Psychiatric Care has decided to make some policy changes for 2026.

- All patients are required to attend at least one in person visit a year per most insurance companies' requirements. Your provider may ask you to be seen in person more often based on their discretion.
- Stepping Stones Psychiatric Care will require all patients currently taking or starting any benzodiazepines, opioids or stimulant medication to have blood work to monitor levels to monitor compliance, verify therapeutic adherence, and ensure patient safety. How often the labs are required will be at your providers' discretion.
- All self-pay patients are required to have a card on file and/or have a payment agreement signed and a copy in their medical chart.
- Co-payments will be made on the day of the appointment, after the appointment using the card, we have on file. Unless other arrangements have been made with the practice manager.
- Any patient with a balance must have payment arrangements in place to continue to receive services here at SSPC.

If you have any questions, please contact the Practice Manager by calling 412-221-7770 ext. 113

Thank you for your understanding and adherence to the new policies.