

FAQs

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How do I schedule appointments?

The initial visit at OBHAW is generally through our [walk-in clinic](#) – no appointment required. Once you have been to our walk-in clinic and become a client at OBHAW, our team will work with you to schedule ongoing appointments.

If you are already an OBHAW client and you are interested in scheduling an appointment, please contact our offices (click [here](#) for Location information).

How much does counseling at OBHAW cost?

It is extremely important to us that everyone have access to the care they need. Our team is devoted to helping all of our clients find a method of payment that will fit with their needs.

The cost of counseling at OBHAW is dependent on your insurance provider. We work with a variety of insurance providers including (but not limited to):

- BlueCross BlueShield
- Humana
- Medicaid
- Medicare
- Cigna
- Tricare
- QualChoice
- Novasys/Ambetter
- WellCare

- Aetna
- HealthScope
- Optum

If you do not have insurance, there are other payment options. Our team will work in partnership with you to find the best payment source. If paying out-of-pocket is the best fit for you, we will use our sliding fee scale to determine the cost of your services.

How long will I be in therapy at OBHAW?

The length of your treatment at OBHAW will depend on the plan you form with your therapist for reaching your treatment goals. Our team members will work in partnership with you to determine the types and length of treatment that will be the best fit for you.

How do you pronounce Ouachita?

“Washita” (Wash-ih-taw)