

Surprise! You got an out of network bill!

Health insurance companies and health care providers and facilities must follow [rules that protect you](#) from unexpected, or “surprise,” out-of-network bills.

If you have a question about these rules or believe the rules aren’t being followed, you can submit your question or complaint to the No Surprises Help Desk.

Call the Help Desk at [1-800-985-3059](tel:1-800-985-3059) to get help submitting your complaint or to find out your next steps.

Here is a link to learn how to submit a question or complaint to CMS about the surprise bill.

[Submit a complaint | CMS](#)