Insurance Credit Card Payments: Do I have to accept it?

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According to the statement linked below from the Centers for Medicare and Medicaid Services (CMS), yes, you can request that the payer send the payment due via paper check or set up an electronic funds transfer (EFT). The payer must comply with the request and reissue any payment due via your requested method.

https://www.cms.gov/files/document/guidance-letter-vcc-eft-era.pdf