

Coastal Nutrition

info@coastal-nutrition.com

Ph: 617.410.8823

How To Guide for Insurance Coverage of Nutrition Counseling/Medical Nutrition Therapy (MNT)

Coastal Nutrition has developed this guide for you to make the process of meeting with a Registered Dietitian through your insurance coverage for medical nutrition therapy a simple one that assures all steps are completed.

Massachusetts Insurance Plans Accepted but not limited to:

Allways Health Partners
Blue Cross Blue Shield
Harvard Pilgrim
United Healthcare

Florida Insurance Plans Accepted but not limited to:

Blue Cross of Florida
Florida Blue
United Health

To ensure nutrition therapy is covered, it is strongly recommended to call member services (located on the back of your insurance card).

Suggestions for the call have the following with you:

- This Guide
- Your Insurance Card
- Paper and pen to take notes

Checklist of Questions to ask insurance: In-Network

- 1) Ask if you plan covers medical nutrition therapy/nutrition counseling by a Registered Dietitian (CPT codes 97802 & 97803).
 - 2) If yes, how many sessions are allowed?
 - 3) Do I have a deductible to meet first? If yes, how much?
 - 4) Is there a co-pay? How much?
 - 5) Is this benefit limited to specific diagnoses?
 - 5) Does my plan require a referral? (If so, your PCP office will need to call your insurance company to submit the referral and obtain an authorization number).
Your doctor's office will need the following "NPI" number to process the referral:
Andrea Szebeni: NPI: 1871875112.
 - 6) Are telehealth services available (if applicable)
 - 7) What is the reference number for this call?
- Once the authorization is processed your doctor's office will then send the authorization to andrea@bodydynamicsnutrition.com

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Be sure you are clear about everything that was discussed before completing the call.

Checklist of Questions to ask insurance: Out-of-Network

Call member services (located on the back of your insurance card)

1) Ask if you have out-of-network benefits for nutritional counseling, also known as Medical Nutrition Therapy, CPT codes 97802 & 97803?

2) Do I have any nutrition counseling benefits covered for my specific health conditions (state condition)?

**If yes, move to next question...

** If not, Do I have any nutrition counseling benefits covered under the preventative care portion of my plan? (ICD-10 code Z71.3)

3) Is a doctor's referral required? (If so, your PCP office will need to call your insurance company to submit the referral and obtain an authorization number).

Your doctor's office will need the following "NPI" number to process the referral:

Andrea Szebeni: NPI: 1871875112.

4) Is there a limit on the number of visits allowed?

5) Are telehealth visits covered? (if applicable)

6) Do I have a deductible to meet before insurance pays for these out-of-network services? If so, how much?

7) Do I have a co-pay or co-insurance I have to pay for these out-of-network services? If so, how much?

8) What address can I send Superbills or billing statements to?

9) What is your name?

10) What is the reference number for this call?

Be sure you are clear about everything that was discussed before completing the call.

Once the authorization is processed your doctor's office will then send the authorization to info@coastal-nutrition.com