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

Body Dynamics 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

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 97803 & 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

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