



What Are My Nutrition Benefits?

If you would like us to file claims with your insurance company to cover the cost of nutrition services, AND/OR if you will be requesting reimbursement from your insurance provider for out-of-network nutrition services, we recommend you call to ask your insurance provider about Nutrition Coverage Benefits. You will need to know: a) if we are in network with your insurance plan; and b) your specific plan's nutrition benefits. Please call the Customer Service telephone number on the back of your insurance card prior to your first visit. (Note: Nutrition Benefits are covered under "Medical Health", not "Mental Health".)

When calling your insurance company, ask the following questions to help determine your coverage:

1. (A) Is Summer Zurawel, Bryn Boyer and/or Stepping Stones Nutrition currently an in-network provider for my insurance plan?

Group NPI # for Stepping Stones Nutrition: 1598484388

Tax ID: 88-3853845

Summer Zurawel's Individual NPI #: 1366143869

Adrienne "Bryn" Boyer's Individual NPI #: 1043474109

B) If we are not in-network with your insurance provider, what are my out-of-network outpatient medical nutrition therapy benefits for the procedure codes and diagnoses listed below?

2. Does my plan cover outpatient medical nutrition therapy procedure ("CPT") codes:

97802 ("medical nutrition therapy – assessment & intervention")

97803 ("medical nutrition therapy – re-assessment & intervention")?

3. Do I have any nutrition therapy visits covered under the following diagnosis codes (ICD-10 codes):
Z71.3, F50.89, F50.9, F50.82, or F50.01?
4. **Place of service = "office" (code: 11); "telehealth" (code: 2)**
5. *How many sessions are covered per year?*
6. Do I need a physician referral?
7. Do I have a deductible for this procedure code? If yes, how much is it and how much has been met so far?



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8. Is there a co-payment for each visit or do I have co-insurance? If I have co-insurance, what is the percentage of coverage?

Write down and keep the reference number for your call.

Feel free to contact Bryn Boyer (bryn@stepping-stonesnutrition.com; 919-937-2031), if you have questions about working with your insurance company.