

Insurance plans view nutrition coverage as preventative or as a specialized service. In many cases, your insurance will cover the costs of preventative nutrition counseling. Unfortunately, insurance companies do not often list nutrition therapy coverage on your insurance benefits. This document is designed to help you find out what your insurance covers. It is your personal responsibility to know the level of nutrition coverage your insurance provides. Every insurance plan is different. Print this sheet out and note the answer from your conversation with your insurance provider representative. Kate Dwyer Nutrition is credentialed with BCBS, United Healthcare, and Medcost.

1. Call the benefits number on the back of your card.
2. Does my plan cover nutrition counseling for any of the following CPT codes: 97802, 97803, 97804, 99401, 99402, 99403, or 99404?
3. Will my diagnosis be covered? (Use the table below for ICD-10 codes. Codes other than Z71.3 must be verified by your doctor.) First, ask about Z71.3. It's preventative coding and will maximize the number of nutrition visits you receive from your insurance carrier. Alternatively, you can ask if both preventative nutrition services and medical benefits are covered.
4. If yes, how many appointments or hours are allowed on the plan per year? This can be 0 to unlimited depending on medical need.
5. Does this plan cover telehealth services?
6. Is a physician referral required? (If yes, refer to the Physician Referral document at katedwyernutrition.com.)
7. Do I have to meet a deductible first?
8. What is my co-pay? Dietitians are considered specialists. Your co-pay could apply and is payable at the time of service.
9. Is Kate Dwyer Nutrition in network (Group NPI: 1275239022, Kathleen Dwyer Individual NPI: 1841843315)?
10. Does this plan require the dietitian to submit medical documentation?
Fax # to send notes _____

Name of representative:

Reference number of phone call:

Time, date:

Type of Nutrition Consult (reason for visit)	ICD-10 Code
General	Z71.3
Fertility/infertility	Z71.3
Pregnancy	Z71.3
Postpartum/breastfeeding	Z71.3
Sports nutrition	Z71.3
High blood pressure	R03.0, Z71.3
Digestive issues	Z71.3
IBS	Z71.3, K58.0
IBD	Z71.3, K58.9
Liver health	Z71.3
Reflux/heart burn	Z71.3
High cholesterol, blood lipids	E78.0, Z71.3
Allergies	Z71.3
Weight Loss	Z71.3, E66.3, E66.9, EE66.01