



ASH & BIRCH
COUNSELING

Insurance Coverage - Nutrition Counseling

Coverage for nutrition counseling with a Registered Dietitian Nutritionist, also known as Medical Nutrition Therapy (MNT), varies with each insurance plan. Some plans cover unlimited MNT visits as part of preventive care while other plans cover a certain number of hours or visits per year.

Due to current limitations, we are unable to verify nutrition benefits on your behalf. Clients are responsible for knowing and understanding your nutrition benefits specific to your plan.

How to Check Insurance Benefits:

1. Call the member services number on the back of your insurance card and ask the following questions.
 - a. "Hello, I would like to ask a few questions to find out if my plan covers nutrition counseling sessions with a registered dietitian. I have the practice name, NPI number, CPT codes, and possible diagnosis codes"
2. Is Ash and Birch Counseling (NPI: 1376390534) in my network? *If United Health or Cigna, then ask specifically for Kelsey Johnson (NPI: 1083022354) or Sandra Pearce (NPI: 1518451483)* ☐ Yes ☐ No
 - a. *If not, ask: What are my out-of-network benefits?*
3. Do I need a physician referral from my doctor for nutrition counseling? ☐ Yes ☐ No
4. There are 2 CPT codes I want to check. Are **97802 (initial visit)** and **97803 (follow-up visits)** covered charges? _____
5. How many sessions per calendar year are covered for each CPT code?
 - a. Initial Visit CPT Code 97802: _____
 - b. Follow-up Visits CPT Code 97803: _____
6. Is there a copayment or coinsurance for either CPT code? _____
7. Is there a deductible that I need to meet first? ☐ Yes ☐ No
 - a. *If yes: Do these appointments apply towards my deductible?* _____
8. Is diagnosis code Z71.3 or Z72.4 covered for preventative health? ☐ Yes ☐ No
9. Is a medical diagnosis required? ☐ Yes ☐ No

If yes, do you have any medical diagnoses? If so, please list: _____

If you have other conditions that are nutritionally relevant such as high cholesterol, high blood pressure, diabetes, eating disorder, family history of diabetes or heart disease you can ask if these conditions are covered as well. Also, we know that BMI is not an indicator of health, but some plans still consider it a relevant diagnosis. If you have a BMI that falls outside the "normal".

10. Are there any restrictions on your plan in place? _____
11. Write down the date and reference number for your call: _____

Helpful Information To Have On Hand:

- **Office Address:** 413 29th St NE Suite F, Puyallup, WA 98372
- **Office Phone #:** (253) 234-7931 | **Office Fax #:** (253) 323-0952
- **Office Email:** hello@ashandbirchcounseling.com | **Website:** www.ashandbirchcounseling.com



ASH & BIRCH
COUNSELING

Insurance Coverage - Mental Health Counseling

How to Check Insurance Benefits:

1. Call the member services number on the back of your insurance card and ask the following questions.
 - a. "Hello, I would like to ask a few questions to find out if my plan covers mental health counseling sessions with a Licensed Mental Health Counselor (LMHC). I have the practice name, NPI number and CPT codes."
2. Is Ash and Birch Counseling (**NPI: 1376390534**) in my network? *If United Health or Cigna, then ask specifically for Christie Seligman (NPI: 1538533401)* ☐ Yes ☐ No
 - a. *If not, ask: What are my out-of-network benefits?*
3. There are 2 CPT codes I want to check. Are **90791 (initial visit)** and **90837 (follow-up visits)** covered charges? _____
4. How many sessions per calendar year are covered for each CPT code?
 - a. Initial Visit CPT Code 90791: _____
 - b. Follow-up Visits CPT Code 90837: _____
5. Is there a copayment or coinsurance for either CPT code? _____
6. Is there a deductible that I need to meet first? ☐ Yes ☐ No
 - a. *If yes: Do these appointments apply towards my deductible?* _____
7. Do I need a physician referral from my doctor? ☐ Yes ☐ No
8. Is a medical diagnosis required? ☐ Yes ☐ No
9. Do I need a prior-authorization? ☐ Yes ☐ No
10. Are there any restrictions on your plan in place? ☐ Yes ☐ No
 - a. *If yes, what are they?* _____
11. Write down the date and reference number for your call: _____

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