

Verifying Your Nutrition Benefits with Insurance Companies

To verify benefits, call the phone number on the back of your insurance card and ask the following questions. It is helpful if you write down the information they provide you, and get a reference code at the end of the call in case your benefits are later denied (you can refer back to the call you had with them).

- Ask if your benefits include nutrition counseling. If the insurance company asks for specific CPT codes you can give them the codes 97802 (for the initial medical nutrition therapy visit) and code 97803 (for the follow up visits). You can also ask about codes 99401-99404 for preventive medicine counseling.
- Ask if nutrition counseling is covered for your specific diagnosis. **You do not necessarily need a diagnosis of a disease for insurance to cover your nutrition counseling!** 😊 If you are in need of general healthy eating advice you can give two codes, the first code you can try is Z71.3 which is a general code for dietary counseling, then Z72.4 for which is a similar code. If you are coming to see me for a medical diagnosis like Prediabetes or High Cholesterol, etc. you can ask if nutrition counseling is covered for these diagnoses.
- Find out if you need a referral from a doctor to see me.
- Find out how many visits you get per year.
- To determine your cost, you can ask about copays and coinsurance and whether you have met any deductibles
- If you would like to see me via telehealth, ask if telehealth is covered for nutrition counseling under your policy.

Insurance companies will often pay for nutrition counseling as a preventative benefit making the visits low or no cost to you.

If you have questions please fill out the contact me form on my website.