

## Guide to Insurance Reimbursement

### for Medical Nutrition Therapy (MNT) / Nutrition Counseling at Confident Nutrition

Please note that I am currently an out-of-network provider for all insurances, therefore payment is due at time of service. However, there is still a good chance that your insurance company will provide partial or total reimbursement for out-of-network services depending on your benefits.

Generally, you may also use HSA (Health Savings Account) and FSA (Flexible Spending Account) cards to pay for nutrition services. (You may need a doctor's referral to justify the medical need for nutrition services if you're using HSA or FSA funds. If you're interested in working with me, I can help you talk with the doctor to obtain a referral for services as needed)

Nutrition Counseling and Medical Nutrition Therapy benefits with insurance companies vary greatly, so please speak with your insurance company representative to find out what your benefits may cover in working with me. If your coverage qualifies for reimbursement, I can provide you with a detailed invoice (Superbill) with my NPI (National Provider Identification) number that you can submit to your insurance company. I am a certified dietitian in Washington State, providing telehealth only, and may also be able to provide virtual nutrition care in your US State as well.

#### Here are some questions to ask your insurance company to find out about your out-of-network nutrition counseling benefits:

- Do I have out-of-network benefits for Nutrition Counseling / Medical Nutrition Therapy (CPT codes 97802 or 97803)?
- Are out-of-network telehealth/virtual care visits covered?
- Do I have any out-of-network nutrition benefits under preventative care?
- Are there certain ICD-10 diagnosis codes that are covered/not covered?\*
- Are there a limited number of nutrition visits per calendar year?
- Do I need a referral (and/or letter of medical necessity) from my primary care provider?
- Do I need pre-authorization?
- Is there a deductible that I need to meet?
- What is my percentage of coverage? Is there a co-pay?
- Is there a maximum reimbursement allowed per unit? How long is each allowed visit?
- What is the reference number for this call? What is the representative's name?

\*If you already have a referral, I can tell you what codes might apply to our work together, based on the referral from the referring provider.

#### Here is the pricing for Medical Nutrition Therapy services at Confident Nutrition:

- \$167 for the 60-min initial consultation
- \$167 for each 30-min follow-up appointment