

MNT Good Faith Estimate

Confident Nutrition

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Name

First Name:

Last Name:

Date of Birth

Primary Service

Nutrition Counseling / Medical Nutrition Therapy (MNT) is a collaborative process between the registered dietitian and a patient. It's a method to help support the care you get from your medical team in helping you manage, treat, and prevent disease, and to inspire you toward positive change and maximum wellness, through encouragement, education, and questions that lead to self-discovery.

MNT sessions provide personalized nutrition and wellness education and recommendations, supporting the care you get from the rest of your healthcare team, but it's not medical advice or a substitute for diagnosis, treatment, or care of disease by a medical provider. It's also not psychotherapy and does not substitute for therapy if needed. It's not a substitute for professional advice by legal, mental, medical or other qualified professionals.

List of Services Provided

Medical Nutrition Therapy / Nutrition Counseling (CPT codes used may include 97802, 97803, and S9470) provided by Shelly Najjar, MPH, RDN at Confident Nutrition:

Expected Service Codes	Definition	Expected Charges
97802	initial assessment, face-to-face, 15 minutes per unit	\$53.75 per 15 min, or \$215 per 60-min appointment
97803	follow up visit or reassessment, face-to-face, 15 minutes per unit	\$47.50 per 15 min, or \$95 per 30-min appointment
S9470	nutrition counseling, dietitian visit	\$95 per 10-min to 30-min appointment

Total estimated costs vary depending on how frequently appointments are scheduled. For example, the maximum yearly charge for weekly appointments for a full year would be \$5,060 (although none of my patients require weekly visits for a full year). The estimated costs are valid for 12 months from the date of the Good Faith Estimate.

Diagnosis Codes used may vary depending on patient needs and/or medical referral. This may include ICD 10 code Z71.3 dietary counseling and surveillance.

Provider Information

Confident Nutrition (NPI: 1184254955; EIN: 84-4107123)

Shelly Najjar, MPH, RDN (*practicing at Confident Nutrition*) (NPI: 1861859134)

Disclaimer

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill.

You may contact the health care provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to www.cms.gov/nosurprises or call the No Surprises Help Desk at 1-800-985-3059.

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises or call the No Surprises Help Desk at 1-800-985-3059. Keep a copy of this Good Faith Estimate in a safe place or take pictures of it. You may need it if you are billed a higher amount.