

CONFIDENT NUTRITION

Guide to Insurance Coverage & Reimbursement

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

Confident Nutrition is in-network with select insurance plans, including Premera and Regence. I am not enrolled as a Medicare or Medicaid provider.

Click here to request a courtesy check of nutrition benefits: [Check My Benefits](#)

Payment is due at the time of service using the payment method on file (credit, debit, HSA/FSA). Claims are submitted on your behalf for in-network plans; for out-of-network services, you will receive a Superbill for potential reimbursement. Insurance reimbursement is not guaranteed and depends on individual plan and benefits. You are responsible for any costs not covered by your insurance.

Coverage for nutrition services varies widely. Some plans may also require a referral or documentation of medical necessity. It is your responsibility to verify your benefits and eligibility before your appointment, regardless of any courtesy check by Confident Nutrition.

I am a certified dietitian in Washington State, and provide telehealth/virtual nutrition care in AZ, CA, CO, VA, and WA. I specialize in working with women navigating ADHD, overall health, and their relationship with food, with experience in eating disorders and Intuitive Eating. If this combination of expertise is important to you, consider asking providers about their experience in these areas to ensure a good fit.

Questions to Ask Your Insurance Provider

When verifying benefits for services with Shelly Najjar, MPH, RDN (NPI 1861992307), consider asking:

- Are nutrition counseling or nutrition therapy services covered (CPT codes 97802 and 97803)?
- Are telehealth/virtual care visits covered?
- Do I have in-network and/or out-of-network nutrition benefits?
- Do I have any preventive nutrition benefits? Does the coverage change based on network status?
- Is a referral or pre-authorization required?
- Are there visit limits per year or lifetime?
- What are my deductible, co-pay, or co-insurance responsibilities?
- Are there certain ICD-10 diagnosis codes that are covered/not covered?*
- 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.

Fees for Nutrition Services at Confident Nutrition:

- \$350 – 75-minute initial consultation
- \$250 – 60-minute follow-up sessions