

Did you know that many health insurance companies cover nutrition counseling?

The information below will walk you through the steps to take to see if your insurance will cover the cost of nutrition counseling! At the current time, we accept Medicare, Cigna, Aetna, Anthem BlueCross BlueShield and Medicaid. Please note: Medicare only covers the visits if you have diabetes or renal disease. If you have a secondary insurance plan along with Medicare, please check your insurance benefits with your secondary insurance.



- 1. Call the -800 phone number on the back of your insurance card and ask to speak with a representative. Do I have nutritional counseling coverage on my insurance plan?**
If the insurance company asks for a **CPT code** please provide them with the codes **97802 & 97803**. If they say you do not have coverage using those codes, NEXT ask them to check your coverage for the CPT codes: **99401, 99402, 99403 and 99404**.
- 2. Will my diagnosis be covered?**
If the representative asks for a diagnosis code – please tell them the visit is coded with the **ICD 10 code: Z71.3**. If you are calling Aetna, please use **ICD 10 code: Z72.4**. We always code your visit using **preventative coding** to maximize the number of nutrition visits you receive from your insurance carrier.
- 3. How many visits do I have per calendar year?**
The representative will let you know how many visits they are willing to cover. Depending on your particular insurance the number of visits can vary from 0 to unlimited depending on medical need.
- 4. Have I met my deductible?**
In the event you have a deductible we will not be able to initially bill your insurance company directly. Therefore, payment of \$180.00 is due at the initial visit and \$80.00 is due at each follow up visit.
- 5. Do I have a co-pay for nutritional counseling?**
For most insurance companies we are considered a **specialist**. Therefore, your specialist co-pay is applicable and is payable at the time of service. This information is often apparent on the front of your actual insurance card.
- 6. Will a telehealth/telemedicine visit be covered?**
Due to the covid-19 pandemic, most insurance companies are allowing telehealth/telemedicine visits which means conducting the visit virtually through a secure telehealth video platform.

Still have questions or need help? Email Roxana at info@roxanaehsani.com

