

**Thank you for being interested in joining the Nourish Your Heart Program!
Excited to have you join!!**

Step 1: To reserve your spot in the program, email: info@roxanaehsani.com, or call 703-674-8068. The deadline to join is Tuesday March 16th at 5pm PST.

Step 2: Decide on payment

- **Route 1: Out of pocket**
 - **Option 1:** I will opt to pay the full amount of the program: \$825
 - **Option 2:** I will opt to pay monthly, and understand a valid credit card must be kept on file throughout the entire program. My credit card will be charged on the 18th of every month. It will be charged \$275/month on March 18th, on April 18th and on May 18th.
- **Route 2: Seek partial payment and use insurance coverage**
 - I understand my insurance company may cover the individual consultations with Roxana and possibly the 6 group educational classes. I understand that in the event that my insurance **doesn't** cover either the individual sessions and/or the group classes, I understand that I will be responsible for the full amount of \$825.
 - *Roxana Ehsani Nutrition Counseling LLC*, accepts Aetna, Cigna, Anthem BlueCross BlueShield, Medicaid, Medicare and GEHA health insurances. Based on past patients, Aetna, Cigna and Anthem will likely be the **only** insurance companies that will cover individual sessions and possibly the 6 group sessions. **However, each insurance plan is different and insurance benefits have to be verified ahead of time.** Please see page 3 for “Verifying Your Health Insurance Benefits” and sample questions to ask.
 - Roxana will also call to verify your insurance benefits if you opt to go this route and provide you with information and payment you will likely owe each month.

Step 3: Complete all paperwork

- Complete new patient forms on Simple Practice (Roxana will send you a link)
- Upload your most recent lab work with your cholesterol readings and/or blood pressure readings. At the end of the program Roxana will encourage everyone in the program to get their lab values checked again and see how the classes and individual sessions influenced your numbers.

Step 4: Schedule Your Individual Sessions with Roxana

- You may do this by going to the website and clicking the orange button: **Request Appointment:** <https://roxanaehsani.com/> or email: info@roxanaehsani.com
- 1st visit should be scheduled prior to week 1, week 1 or week 2 of the program
- 2nd visit will be scheduled halfway through the program (Week 6)
- 3rd visit will be scheduled the last week of the class (Week 12)

Step 5: Get excited for our very first class, starting Thursday March 18th at 12pm PST!!

- The day before each class, Roxana will send out an email with the zoom link, class materials and the complete class curriculum!
- Look out for the Facebook invite from Roxana to join our Closed Facebook Group!
- Save the dates, every class will start at 12pm PST on ZOOM and will meet for 1 hour! Each class will also be recorded in case you are absent:
 - Thursday March 18th
 - Thursday March 25th
 - Thursday April 15th
 - Thursday April 22nd
 - Thursday May 20th
 - Thursday May 27th

Verifying Your Health Insurance Benefits

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, GEHA, 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 & 97804. Be sure to ask about all 3 of these codes.**

97802= first visit, 97803= follow up visits, 97804= group classes

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

