

BEFORE YOUR VISIT, PLEASE CALL YOUR INSURANCE COMPANY AND ASK:

Do I have benefits for nutrition counseling? Yes No

- If the insurance company asks for a CPT code, please provide them with the following codes 97802 and 97803. If they say you do not have coverage using those codes ASK them to check your coverage for CPT codes 99401, 99402, 99403, and 99404.

Are there any restricted diagnoses?

- Ask specifically about the ICD 10 code Z71.3 and if it is covered as preventive.
- If Z71.3 is not covered ask about Z72.4
- If you are overweight, have obesity, pre-diabetes, diabetes, hypertension, or high cholesterol you may want to see what your coverage is for these diagnoses as well.

How many visits are allowed per calendar year?

Is there a lifetime maximum? Yes No

Do I have a deductible to meet before insurance pays?

How much have I met this year?

Do I have a co-pay for nutritional counseling? Yes No How much?

- I generally wait for the first claim to be processed to determine whether you have a co-pay and then charge the credit card you have on file with us the co-pay amount.

Do I need a referral or prior authorization? Yes No

Is nutrition counseling covered when provided via telehealth? Yes No

Write down the date and reference number for your call.

Date:

Reference number:

Doing this will help ensure you get the most out of your benefits and avoid financial surprises!