

## Nutrition For Metabolic Health LLC

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### Patient Verification of Benefits

An effort will be made by us to verify your insurance benefits and coverage for nutrition counseling, provided by a registered dietitian nutritionist, prior to your appointment. However, **it is strongly recommended that you verify coverage with your insurance plan.** Nutrition For Metabolic Health being in-network with your insurance carrier does not guarantee that your specific plan covers our visit(s).

Here are the steps you can take to verify your insurance benefits for nutrition counseling:

1. Locate the member contact information for your insurance company which can usually be found on the bottom or back of your insurance card.

2. Once you reach a representative, ask the following questions:

- Is Colleen Drosdeck in network with my insurance? \_\_\_\_\_
- Does my policy have Nutrition Counseling/Medical Nutrition Therapy Benefits?  
\_\_\_\_\_
- Are the following CPT codes covered on this policy? 97802 and 97803
- Are BOTH **preventative** nutrition services and **medical** benefits covered? \_\_\_\_\_
- Are there only specific diagnoses that are covered? \_\_\_\_\_
  - If so, ask for the specific ICD-10 codes that are covered and take note.

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- Is there a limit to the number of visits for preventative benefits? \_\_\_\_\_
  - Is there a limit to the number of visits for medical benefits? \_\_\_\_\_
  - Is there a unit per visit limit? (some plans only pay up to 4 units per visit) \_\_\_\_\_
  - Are telehealth visits covered? \_\_\_\_\_
  - Do I need a referral from my doctor for insurance to cover my visit(s)? \_\_\_\_\_
  - Does this plan require prior authorization for nutrition services? \_\_\_\_\_
  - Do I have a co-pay? \_\_\_\_\_
  - Do I have a deductible to meet? \_\_\_\_\_
    - If so, do these appointments apply toward my deductible? \_\_\_\_\_
  - Do I have co-insurance? \_\_\_\_\_

If you do not have insurance benefits for nutrition counseling, self-pay options are available, and no referral is required. We appreciate you taking the time to verify your insurance benefits for this can decrease the likelihood of you receiving any surprise bills.