

Checking Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to ensure that our time together is covered by your insurance plan when provided with a superbill.

*Please note: I don't take insurance. However, I can provide you a superbill that you can personally submit to your insurance to potentially receive reimbursement for services. **Even with a superbill, there is no guarantee for reimbursement, and you'll still need to pay in advance, or at the time of, our counseling session. I encourage you to check with your insurance provider to see if and what Registered Dietitian services are covered under your plan, as listed below.***

Call the member services number on the back of your card and ask:

1. Does my plan cover outpatient nutrition counseling? (codes: 97802 and 97803)
 - a. If yes, how many how many sessions are allowed?
 - b. Does my plan only cover visits that are "medically necessary"? or do they also cover preventive services? (code: Z71.3)
 - c. Does my plan cover out of network providers (if applicable)? If so, what percentage do they cover?
2. Do I have a deductible to meet first?
 - a. If yes, how much is your deductible?
 - b. How much of the deductible have you met?
3. Do I have a copay for outpatient nutrition counseling?
4. Do I need a physician referral?
5. Record the representative's name and a reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim