

## Did you know that many health insurance companies cover nutritional counseling?

To learn about your coverage, call the 800 phone number on the back of your insurance card and ask to speak with a representative. The information below will walk you through the steps to take to see if your insurance will cover the cost of nutrition counseling for your visit!

**What insurance companies do we participate with?** At the present time, we are a preferred provider with:

- Aetna
- Anthem (in 2022)
- Blue Shield of California
- United Healthcare

### What questions should I ask when calling my insurance company?

- Do I have nutritional counseling coverage on my insurance plan?
  - If the insurance company asks for a CPT code, 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**.
  - *CPT codes covered by my plan:* \_\_\_\_\_
- Will my diagnosis be covered?
  - If the representative asks for a diagnosis code, tell them the visit is coded with the **ICD 10 code: Z71.3**. We always code your visit using preventative coding to maximize the number of nutrition visits you receive from your insurance carrier.
  - *ICD 10 code Z71.3 is covered?* YES NO
- 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 insurance the number of visits can vary from 0 to unlimited depending on medical need.
  - *Number of visits my plan covers.* \_\_\_\_\_
- 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 \$150.00 is due at the initial visit and \$75.00 is due at each follow up visit.
  - *I have a deductible.* YES NO
- 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.
  - *Nutrition counseling requires a copay?* YES NO

Still have questions? No problem! Email me at [dp@honestnutritionusa.com](mailto:dp@honestnutritionusa.com)