

NOT YOUR AVERAGE
Nutritionist

Welcome to Not Your Average Nutritionist! Many insurance plans will cover nutrition counseling and medical nutrition therapy, usually at low or no cost to you. We will bill your insurance for you; however, **you are responsible to know and understand your benefits.**

You can use the worksheet as a guide to ask your insurance company to see if your visits will be covered. Please, read through the whole document before you start.

Step #1

Locate phone number to call on the back side of your insurance card. Keep your card handy.

Phone Number	
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Step #2

Call your insurance company and see (1) if we are in-network with your plan (2) what type of services are covered. Make sure you know what location and what dietitian you are scheduled with. If we are not in-network you can ask your insurance to set up a “single case agreement.”

Question #1-- Question to ask insurance: Is this dietitian in-network with my insurance plan?

They should ask what is the tax ID and what is the NPI. Note that we have several dietitians, so it is important to make sure the dietitian you are wanting to see is in-network with your plan.

Tax ID# 82-1133389

San Luis Obispo, CA & Virtual / Telehealth

Elizabeth (Libby) Parker	NPI #1063834984	Lauren MacLeod	NPI# 1912519463
Briauna Pate	NPI #1184260986		

Telehealth billing questions:

Ask if this is covered, even if you don't think you'll use it! If not in CA, ask if out-of-state is covered.

Place of Service	POS 11 or 02?
Any modifiers needed?	(typically GT, GQ, or 95)

My insurance plan is (circle): IN-NETWORK or OUT-OF-NETWORK
 If not in-network; do I have out-of-network benefits: YES or NO
 If No: will they accept superbills?

Question #2--

Question to ask insurance: Does my plan cover nutrition counseling and/or education?

Conditions Covered: (typically will list conditions that are covered or will say based on medical necessity)	
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QUESTIONS OR ISSUES? CALL US! (805) 801-1321

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Does your plan have preventive benefits? What are those benefits?	Ask if "diagnosis Z71.3" is covered		
Number of Visits per year/month		Max number of visits for policy	
Policy effective date (Ie: Jan- Dec, July-Oct)		Referral Needed Referral # (from Dr/psychiatrist)	YES or NO Authorization #:
Any exclusions (if yes, list them)			
Reference Number for call			

Question to ask insurance: What does this cost me?

Subject to deductible? What is the deductible? Met?		Co-pay? How Much?		Percentage of coverage (coinsurance)	
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Question to ask insurance: Can you check CPT and Diagnosis codes for me?

CPT Codes (Procedure codes) for nutrition therapy	97802 YES or NO	97803 YES or NO	97804 YES or NO	S9470 YES or NO
Are my ICD-10 codes are covered? (diagnosis codes)	Z71.3 (preventative)			

Circle the diagnosis below that are covered and that you have would like nutrition services for.

(*Important: Do you have a diagnosis from your doctor? Please, ask Dr for your ICD-10 codes)

Anorexia nervosa	F50.00 F50.01 F50.02	Bulimia nervosa	F50.2	Binge Eating Disorder	F50.81
Other Eating Disorders (OSFED)	F50.89	Healthy Eating/ preventative	Z71.3	Weight loss/BMI (sometimes they just need that diagnosis to bill insurance)	(varies)

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