



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 your insurance member 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	Jessica Flaherty	NPI # 1568059418

Telehealth billing questions:

Ask if Telehealth is covered. If not in CA, ask if out-of-state is covered.

Place of Service	POS 11, 10, or 02 ?
Any modifiers needed?	(typically GT, GQ, 33 or 95)

My Dietitian 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? YES or NO

(meaning the insurance company will reimburse you after you have paid out-of-pocket)

If Yes: Where do I send superbills?

QUESTIONS OR ISSUES? CALL US! (805) 225-3027

— NOT YOUR AVERAGE —
Nutritionist

Question #2--

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

Do I need a referral or prior authorization from my PCP?	Authorization/Referral #: <i>If yes, you need to ask your PCP for a referral to see us.</i>
Number of Visits covered per year/month? Max # of visits?	<i>If they have # of units, please note that as well.</i>
Policy effective date (Ie: Jan- Dec, July-Oct)	
Reference # for this 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	----- YES or NO
Are my ICD-10 codes are covered? (diagnosis codes)	Z71.3 (preventative) ASK about this one for sure!			

Circle your 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	F50.89 (other?)	Healthy Eating/ preventative	Z71.3	Weight /BMI	(varies - please note)
Other?					

Once you've asked these questions, please send a copy of this form to your dietitian for coding bills.

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