

Insurance Benefits Verification Checklist for Nutrition Counseling

I am currently in a network with BCBS PPO and Medicare, United Healthcare PPO and Medicare, Cigna PPO and Medicare, and Original Medicare. On your behalf, I will bill insurance for nutrition counseling. However, you are responsible for checking your insurance benefits.

The first step to verify your coverage is to locate your insurance card and find the member and group number on your card. Then, call the number on the back of your card/customer service for members and tell the agent you want to verify benefits. Provide the following information to the agent.

Provider: Boguslawa Susol, Registered Dietitian

NPI: 1043871569

Tell the agent you want to verify benefits for nutrition Counseling or Medical Nutrition Therapy (MNT). You have the following **CPT Codes: 97802 and 97803**.

1. Is Boguslawa Susol/BLS Nutrition Counseling, LLC (NPI 1043871569) an in-network provider?
2. If in-network, provide ICD-10 Code Z71.3 or Z72.4 and ask if your plan covers preventative nutrition counseling. Ask how many visits you have included per year and if you have any deductible or copayment to pay. Ask how much?

Most insurance plans cover preventive nutrition counseling at 100%, unlimited visits per year (some offer 4-6 visits per year), without a diagnosis or doctor's referral, and with no deductible or copayment.

3. If preventative visits are not covered, ask the agent if your plan covers Medical Nutrition Therapy for a specific disease, for example:
 - E11.65 Type 2 Diabetes mellitus with hyperglycemia
 - I10 Hypertension
 - E78.2 Mixed Hyperlipidemia
 - Z68.37 BMI
 - N18.31- Stage 3a Chronic Kidney Disease
 - N18.32- Stage 3b Chronic Kidney Disease

4. Do I need a referral from my doctor?

Many insurance plans DO NOT require a referral for preventative nutrition visits. However, for a specific diagnosis, you NEED to obtain a doctor's referral. Please send the referral and your recent laboratory results by fax **844 638 5296** before your appointment.

Please remember that if I don't have a referral from your doctor/nurse practitioner, I won't be able to send a claim to the insurance using your diagnosis.

Medicare Coverage for Nutrition Counseling

Medicare requires a referral from your physician (MD or DO) for nutrition counseling—referrals from nurse practitioners (NPs) or physician assistants (PAs) are not accepted. Coverage is only available for individuals with diabetes, chronic kidney disease, or those within 36 months of a kidney transplant. Medicare will not cover your nutrition counseling appointment if you do not have one of these conditions.

Please ensure that physician referrals and your recent laboratory results are sent to me **BEFORE YOUR APPOINTMENT**.

PLEASE SENT PHYSICIAN REFERRALS BY FAX 844 638 5296.

If you have any questions, please contact me!

I am looking forward to working with you!

Boguslawa L Susol, MPH, RD, LDN

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