



NOURISH

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Script for Checking Insurance Benefits for Nutrition Counseling

At this time, NOURISH LLC only accepts Blue Cross Blue Shield insurance. If you have a different insurance plan, you may request a superbill to submit to your insurance for reimbursement. Payment is required at the time of session, and a superbill does not guarantee reimbursement.

Please keep in mind that the client is responsible for payment if insurance rejects the claim for *any* reason. A credit card is required to be stored on file and may be charged for services rendered if insurance rejects a claim.

Checking Insurance Benefits

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

1. Does my plan cover outpatient nutrition counseling and medical nutrition therapy services? Specifically ask about CPT codes: 97802 and 97803

- If yes, how many sessions are allowed?
- Does my plan only cover visits that are “medically necessary” (Medical Nutrition Therapy) or do they also cover preventative services (Preventative Nutrition Counseling)?
 - Are specific diagnosis codes required?
 - You may ask your dietitian, doctor or therapist which diagnosis code is relevant

2. Do nutrition sessions go towards my deductible?

- If yes, how much is your deductible?
- If yes, how much of the deductible have you met?

3. Do I have a copay for outpatient nutrition counseling and medical nutrition therapy services?

- If yes, how much is it?

4. 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.