



## Checking Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to ensure that our time together is covered by your insurance plan.

Please note that Nourished Nutrition Therapy only accepts select insurance plans at this time. If you are contracted with another insurance company, we are more than happy to provide you with a superbill to submit to your insurance company for reimbursement for our sessions. ***The superbill does not guarantee reimbursement.***

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

1. Does my plan cover outpatient nutrition counseling? (codes: 97802 and 97803, UPMC: s9470)
  - a. If yes, how many how many sessions are allowed?
  - b. Does my plan only cover visits that are “medically necessary”? or do they also cover preventive services? (Ask for specific ICD-10 codes that are covered)
2. Do I have a deductible to meet first?
  - a. If yes, how much is your deductible?
  - b. How much of the deductible have you met?
3. Do I have a copay or coinsurance for outpatient nutrition counseling?
4. Do I need a physician referral for insurance to cover my visit?
5. Is there a maximum number of visits covered?
6. 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

If you do not have insurance coverage, we have self-pay options. We appreciate you taking the time to determine your insurance coverage. If you have any further questions about insurance, do not hesitate to contact us!