

Insurance Benefit Investigation: Nutrition Counseling

Updated 6/8/2023

The purpose of this script is to give you guidance in navigating your insurance benefits to ensure that our time together is covered by your insurance plan or to make you aware of any costs associated with our services. Please note Doherty Nutrition is currently in network with the following health insurance plans: Aetna, Ambetter, Anthem/Blue Cross Blue Shield, Cigna, Gravia, Humana, Medicare Part B, Meritain, Molina, Oscar, Surest, UHC, and UMR. If you are contracted with another insurance company, Doherty Nutrition can provide a superbill (itemized list of services) for you to submit to your insurance company. The superbill does not guarantee reimbursement from the insurance company.

Call the member/customer service number on the back of your insurance card and ask:

1. Does my plan cover nutrition counseling (Procedure codes: 97802, 97803, and 97804)?
2. Is nutrition counseling under the 'preventive care' side of my benefits or is it under my 'medical care' side of my benefits?
3. Are visits limited to specific diagnosis codes (if so, which ones)?
Are there any restricted diagnosis codes (if so, which ones)?
4. Is there a limit to the number of visits (or units) per day/year?
5. Do I have a deductible to meet before insurance pays?
If so, how much is the deductible?
How much of the deductible has been met to date?
6. Do I have a specialist copay or coinsurance for nutrition counseling?
7. Is a doctor's referral required?
Is a referral authorization from my insurance required?
8. If interested in telehealth (virtual) visits, ask your insurance if your benefits for telehealth are the same/different than in-office visits.
9. If your health insurance plan is not listed above, you can ask if Doherty Nutrition LLC (National Provider Identification #: 1326502832) is a covered group under my plan? You can also ask if your specific dietitian is covered if the group does not come up. If not a covered group, what are my out-of-network nutrition counseling benefits?
10. Record the representative's name you speak with and a call reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim.

***** It is important to note that all benefit investigations are estimates of coverage, not a guarantee of coverage. Coverage is subject to plan benefits and account standing at the time the services are rendered *****