

Ready to Refer to



Scan Me!

Insurance we're in-network with

Aetna
Allied Benefits
Anthem
Ambetter (Bronze/Silver/Gold)
Amerigroup (Medicare)
Baylor Scott & White
BlueCross BlueShield
Cigna (PPO/POS)
Curative
GEHA
Gravie
Humana
Medicare Part B
Meritain
Molina (Marketplace/Medicare)
Multiplan/Ucare
Oscar
Sana Benefits
UnitedHealthcare
UMR
WebTPA
UHC

Dietitian NPIs

SANDRA REYNOLDS **1841861648**

SCARLETT CHAIDEZ **1043838717**

KARLEI SUMMERFORD **1114650801**

KAITLIN WALKER **1205554821**

KELLY MINARICK **1073251724**

KACILYN HELTON **1548970379**

BRITTANY THIEL **1588296941**

CASSIDY STORTS **1548959919**

RACHEL ARNOLD **1174203905**

ANNE-MARIE ALFORD **1386413789**

REMY BIDMEAD **1013643196**

ANGELA LENDZIOSZEK **1598528804**

NATALIE LARSEN **1790548899**

ISABELLA FLEPS **11962242313**

TAYLOR BURNS **1699586396**

ALYSSA MOORE **1609686047**

BRYAN JOHNSON **1306641220**

ENGLISH/SPANISH SPEAKING

ISABELLA FERRARI **1619516259**

DIANA FIGUEROA **1407368939**

DAYSY BUSTAMANTE **1437936200**

ALEJANDRA A. VELAZQUEZ **1316782501**

KRISTEN RAMOS **1659190130**

ENGLISH/GUJARATI SPEAKING

ARATI PATEL **1801579123**



Additional Information

- **Self-Pay Clients:**

- Initial visit (60-90 min): \$175-\$210
- Follow-up (30 min-1 hr): \$70-\$140
 - If the client has insurance but no MNT benefit, we will bill insurance first. If the claim is denied, we charge the contracted insurance rate, which is typically lower than the self-pay rate.
 - Clients are responsible for verifying their nutrition counseling benefit before the appointment.

Aetna/Meritain Clients: Limited to 1 hour of nutritional counseling per day.

- **HMO Clients:** For BCBS, UHC or Oscar HMO plans, a referral authorization is required. Contact our office for dietitian details and the maximum benefits allowed. Once approved, we'll reach out to schedule.
- **PPO Clients:** Just send over a referral with visit details, and we'll contact the client within 48 business hours to schedule.
- **Medicare Part B/Advantage Clients:** For Medicare clients with Type 1/Type 2 diabetes, CKD, or kidney transplant (within the last 3 years), please send a referral with the diagnosis. Medicare limits coverage for nutrition counseling to these conditions.

NORTH DALLAS & SOUTHLAKE #: 469-372-2022

FORT WORTH #: 817-438-8044

AUSTIN #: 737-212-9290

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