

Ready to Refer to



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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

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 LUPER 1013643196

NATALIE LARSEN 1790548899

ISABELLA FLEPS 11962242313

TAYLOR BURNS 1699586396

ALYSSA MOORE 1609686047

BRYAN JOHNSON 1306641220

ENGLISH/SPANISH SPEAKING

ISABELLA FERRARI 1619516259

DAYSY BUSTAMANTE 1437936200

ALEJANDRA AMEZOLA-VELAZQUEZ 1316782501

KRISTEN RAMOS 1659190130



Additional Information

- **Self-Pay Clients:**

- Initial visit (60-90 min): \$175-\$210
- Follow-up (30 min-1 hr): \$80-\$160
 - 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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