

## Questions to Ask Insurance about Coverage for Nutrition Counseling

I'm so glad to work with you! Although I do not bill insurance directly, some insurance companies do cover the cost of nutrition counseling. You may be able to submit a **Superbill** to your insurance after your appointment with me.

Here's how it works: I require payment in full at the time of your appointment. After the appointment, I will send you a **Superbill** which you can submit to your insurance for reimbursement. Usually this is done by faxing the Superbill to your insurance's billing department.

To find out the cost to you, pull out your insurance card, find the customer service number, and give them a call. Here are the questions you need to ask:

1. Is Medical Nutrition Therapy covered under my plan? (if they ask, the billing codes are 97802 and 97803)
2. Is MNT covered under any diagnosis code, or are only certain diagnoses covered?
  - a. Which diagnoses are covered? (please write these down)
3. Are there any limits to coverage (number of visits or amount of time)?
4. What is your process for reimbursing me?

Have this important info on hand before you call:

Provider: Ann Kent, MS, RDN, CDE – Registered Dietitian Nutritionist

NPI: 1891061685

Tax ID: 84-3210130

If your insurance pays for a specific diagnosis (like diabetes), **you must give me either a referral or doctor's notes with this diagnosis**. I'm not a doctor, so I can't diagnose; if I don't have documentation from your doctor or other qualified healthcare professional (like a nurse practitioner), I won't be able to bill using this diagnosis.

Unfortunately, I cannot guarantee reimbursement to you, nor am I an expert in submitting insurance claims. If you need help, please reach out and I'll do what I can to walk you through this process.

I look forward to working with you!

Ann Kent, MS, RDN, CDE