



Insurance Benefits Check

In Network Plans

Confidently NourishED is considered an in-network provider with Blue Cross Blue Shield, Aetna, and United Healthcare.

Out-of-Network Plans

Some out-of-network plans may also reimburse for our services through superbills, which are basically receipts for your session. We can either provide them to you monthly, or we can provide courtesy billing, which allows us to submit your superbill for you. It does require you to pay out of pocket for your session first, and if your plan has out-of-network benefits, then you would be reimbursed directly. You can use the worksheet on the following pages to understand your out-of-network benefits.

Please note, that once you have submitted your superbill, any questions you have need to be directed to your insurance. A few important notes:

- In the event of a misquote or if your insurance were to deny a claim, you will be responsible for any copay, coinsurance, deductible, and/or the remaining balance.
- This worksheet will need to be completed every time your insurance changes or a new insurance coverage period begins, often at the beginning of the calendar year
- If your insurance requires a diagnosis for coverage, we will need to get that diagnosis from an outside provider. We can work with you to get those.

How To Determine Your Coverage:

This worksheet will walk you through the process step-by-step of understanding what is covered in your plan. Ready to check your coverage? Awesome - you can do this!

Step 1: Read the entire worksheet on the next page.

Step 2: Call your insurance company and complete the worksheet (don't worry! we've listed out exactly what to say and do, right there in the worksheet)

Step 3: Submit this worksheet, along with a photo of the front and back of your insurance card to info@confidentlynourished.co



How To Call Insurance About Nutrition Counseling Coverage

1. Call the member services number on the back of your card
2. Say: "Hello, I would like to ask a few questions to find out if my plan covers nutrition counseling sessions with a registered dietitian. I have the CPT codes, the group name, and possible diagnoses or diagnosis codes."
3. "There are 2 CPT codes I want to check. Are 97802 (initial session) and 97803 (follow-up session) covered charges?" Yes No
4. "Is the NPI 1023668316, in my network?" Yes No
5. "Do I need a physician referral for nutrition counseling?" Yes No
6. "How many sessions per calendar year are covered?" #ofsessions _____
7. "I want to now understand what diagnoses are covered"
 - "Is Z71.3 or z72.4 covered for preventative health?" Yes No
 - If you have other conditions that are nutritionally relevant such as high cholesterol, high blood pressure, diabetes, eating disorder, family history of diabetes or heart disease you can ask if these conditions are covered as well. Other covered diagnoses _____
- Also, we know that BMI is not an indicator of health, but some plans still consider it a relevant diagnosis. If you have a BMI that falls outside the "normal" range and want to ask if it's covered, go for it. If you don't want to, that's also fine. Your coverage may change, but your care from us will not.
8. Do I have telehealth coverage? Yes No
9. Do I have a copay for either 97802 or 97803? _____

Reference # for the Call: _____ Date: _____

If the answer to question 4 is no, that means our providers are not in network with your insurance. This will require you to pay at the time of service. However, you can request a copy of a superbill to submit after each session to see if you can get out-of-network reimbursement.

Regardless of your answers, please email a copy of this completed worksheet to our client care coordinator at info@confidentlynourished.co.