gut glow
NUTRITION

Verification of Benefits

Insurance we accept

Aetna | Cigna | CenCal Health | UnitedHealthcare (UHC) | Medicare*

Anthem / Blue Cross Blue Shield | Harvard Pilgrim (Maine) | Maine Community Health Options (Maine)

***Medicare** (65+ or disabilities) is only covered if you're diagnosed with diabetes or chronic kidney disease.

Please note: we do not accept Blue of California. It looks a lot like Blue Cross Blue Shield, so check your card.

1 Before you call

Call the member services number on the back of your insurance card. **They will ask you for:**

- Your full name
- Your date of birth (DOB)
- Your member ID number from your card
- The name of the main subscriber on the plan

2 What to say

> Hi, I'm calling to check my benefits for **nutrition counseling** via **telehealth** (or in person, if available).

3 If they ask for a code

Your insurance may ask for a CPT code (the type of visit) or a diagnosis code. Here's what to give them:

CPT CODES

97802 Initial medical nutrition therapy (MNT) assessment and intervention

97803 MNT reassessment and intervention (follow up visits)

DIAGNOSIS CODE

Z71.3 Dietary counseling and surveillance (Anthem and Blue Cross Blue Shield)

Have a specific diagnosis? Contact your primary care doctor for a referral with that diagnosis code.

4 Questions to ask

Write down what they tell you. Before you hang up, ask for a **call reference number**.

Question	In-network	Out-of-network
Are nutrition visits covered? Ask about both telehealth and in-person visits.		
How many visits are covered per year?		
Are CPT codes 97802 and 97803 covered? 97802 is your first visit. 97803 is for follow up visits.		
How much will I pay for each visit? Ask about copays, coinsurance, and your deductible.		

Rep name _____ **Reference #** _____

Not covered? You still have options

01
Superbill

We'll give you a superbill to send to your insurance for partial or full reimbursement.

02
HSA / FSA

We accept HSA and FSA cards as a form of payment.

03
Self pay

Initial visit $125
1 hr 15 min

Follow up $75
45 min

Notes