

Checking Out-Of-Network Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to confirm how much of our time together will be covered by your insurance plan.

Call the member services number on the back of your card and ask:

1. Does my plan cover out-of-network outpatient nutrition counseling?
Give them codes: 97802 and 97803
(we charge \$330 for 97802, a 90 min apt and \$165 for 97803, 45 minute apt)
Some plans may need the modifier for Telehealth: 02

If yes, ask the following questions:

1. How many sessions are allowed?
2. Does my plan only cover visits that are “medically necessary”?
Or, do they also cover preventive services? (diagnostic code: Z71.3)
3. Do I have a deductible to meet first?
If yes, how much is your deductible?
How much of the deductible have you met?
4. Do I need a physician referral?

Record the representative’s name and a reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim