

ONE YOU

NUTRITION

Health Insurance Benefits Check

This guide is meant to help you get a better understanding of your health insurance benefits pertaining to nutrition counseling with a Registered Dietitian.

Here is how I recommend you prepare for the call.

1. We recommend you read through this form entirely before calling so you are familiar with the key words. This form is meant to help you better understand your health insurance benefits for nutrition services with a Registered Dietitian.
2. Have your health insurance card on hand. You will call the phone number on the back of the card listed for member services. We recommend using speaker phone or earbuds/heads-free headset so you can write/type up the information as you go.
3. An after-visit note from your medical provider may list your official medical diagnosis and diagnosis codes. The codes will help determine your coverage.

This is not a guarantee of payment coverage. BUT it goes a long way in understanding what your health insurance can cover. Insurance plans vary from state to state, policy to policy and telehealth services are not always covered.

Health Insurance Information

Copy information from your card. If there is anything blank that you are unsure about, ask the representative - especially copays (for specialists) and any deductible.

Patient Name/Policy Holder: _____ Date of Birth: _____

Insurance Company: _____ Member ID: _____

Phone Number to call:(Member services number on the back of your card) _____

Start the Call

Date of Call: _____

1. Who am I speaking with? Get the name of the representative. Have them spell it if necessary.

2. "Does my insurance plan run on a calendar year or another start and end date?" _____
3. "Does my policy have Nutrition Counseling/Medical Nutrition Therapy benefits?" YES NO

PROCEDURE CODE Questions

4. "Do I have coverage for:
CPT code 97802?" YES NO
CPT code 97803?" YES NO
CPT code 99404?" YES NO

DIAGNOSIS CODE Questions (Preventative)

5. "Do my benefits cover diagnosis code:
Z71.3 YES NO
Z68.30 YES NO

If yes, what is the number of visits? _____

DIAGNOSIS CODE Questions (Medical and/or preventative)

ONLY ASK ABOUT THE DIAGNOSES CODES A MEDICAL PROVIDER HAS INCLUDED ON YOUR DIAGNOSIS LIST

6. Ask the representative if you have coverage for each code your medical provider has given to you. Here is a partial list of diagnosis codes related to nutrition counseling.

E66.9 (obesity) YES NO
E78.2 (hyperlipidemia) YES NO
E11.8, E11.9 (diabetes) YES NO
I10 (hypertension) YES NO

"How many visits do I get per year for the above medical diagnosis?" _____

7. "Do I have a deductible that needs to be met?" YES NO
8. If yes, "How much do I have left to pay? When will it reset?" _____
9. "Do I have a co-pay?" YES NO
10. If yes, "How much do I have to pay? _____
11. "Is a doctor's referral required?" YES NO
12. "Is medical record documentation required?" YES NO
If yes, "what is the fax number? _____
13. "Are telehealth visits covered?" YES NO
If "YES", Is there a co-pay or deductible applied to the telehealth visit? _____
14. "Is One You Nutrition LLC (NPI Number 1972023034) a covered provider within my plan?" YES NO
"If not, what are my out-of network nutrition benefits?" _____
14. "May I have the reference number for this phone call please?" _____

Additional Notes/Comments here

Use this space for extra notes you want to record before the end of the call.