

## *Verifying Benefits for Nutrition*

*To verify your insurance benefits for nutrition counseling, please call the number on the back of your insurance card and ask them the questions below. Doing this will help ensure you get the most out of your benefits and avoid unwanted financial surprises.*

*Do I have benefits for nutritional counseling, CPT codes 97802 & 97803?*

*Do I have any nutrition counseling benefits covered under the preventative care portion of my plan? (ICD-10 code Z71.3)*

*Are there any restricted diagnoses for coverage? (Some plans **only** cover nutrition for diabetes and/or eating disorders).*

*Is a doctor's referral required?*

*Is there a limit on the number of visits allowed?*

*Are telehealth (virtual) visits covered?*

*Do I have a deductible to meet before insurance pays?*

*Do I have a co-pay or co-insurance?*

*\*Is Katharine Jeffcoat (NPI Number: 1710369178) or Kayci Sterzer (NPI 1326453762) covered provider under my plan? If not, what are my out-of-network nutrition benefit?*

*What is the name of the representative I spoke with, date and reference number?*

*\*NW Pediatric and Family Nutrition is Contracted with Cigna, Blue Cross Blue Shield, Regence, United Healthcare and Lifewise. We're not in-network with Kaiser, Moda, Aetna and Pacific Source and they don't usually have out of network nutrition benefits. Certain Providence Plans have out-of-network benefits and worth calling to check. If you have OHP, let us know and we'll help with the verification. We can typically see Care Oregon Out of Network.*