



Questions to Ask Your Insurance Company to Ensure Nutrition Counseling Coverage

NEW LEAF
NUTRITION



Not all insurance plans are created equal, so you'll need to make sure you understand your coverage for nutrition counseling.

To make sure you know what to expect for coverage and potential out of pocket costs, you will need to call the number on the back of your insurance card and ask the questions on the following page.

Verifying Your Insurance Coverage

You will be asked to write the answers to these questions in your intake documents.

Please make note of what your insurance says when you call them.

1) Do I have coverage for nutrition counseling for the following codes for my specific diagnosis (ie eating disorder diagnosis, digestive diagnosis, iron deficiency, diabetes, PCOS, etc)? If you do not have a diagnosis, see the next question.

- **97802** (initial nutrition assessment)
- **97803** (nutrition counseling follow-up visit)

2) Do I have coverage for diagnostic code Z71.3 for general nutrition counseling?

- Sometimes people have better coverage with this code, particularly those with Blue Cross Blue Shield (including Regence and Premiera).

3) Will a deductible apply?

- If so, what is my deductible amount? How much has been applied to my deductible so far? How much will I owe per appointment until my deductible is met?

4) Do I have a copay?

- If so, how much is my copay?

5) How many appointments are covered per year?

6) Is New Leaf Nutrition Counseling in-network with my plan?

- To identify our group, you can provide our tax ID: 871836061

7) Can I get the reference number for this call?

Be sure to save the reference number because you can use this to appeal if your insurance bills you differently than what you were told.