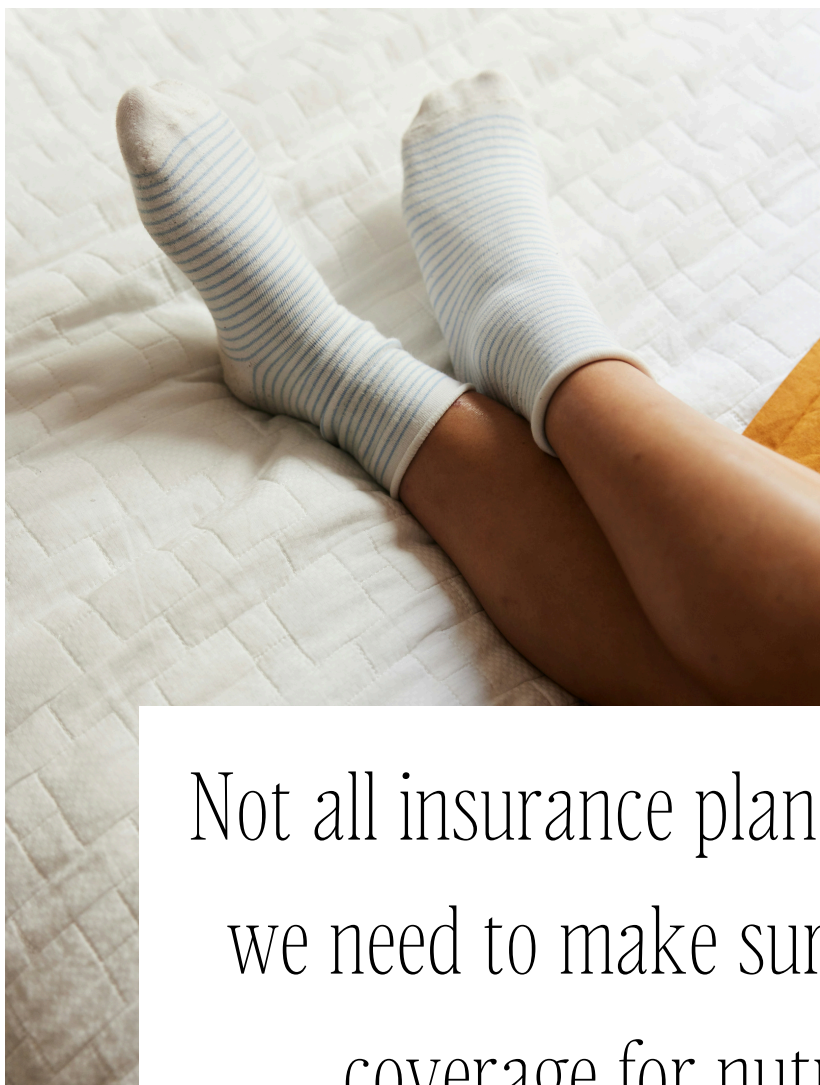


An aerial photograph of a mountain landscape. The upper portion shows misty, grey mountain peaks. The lower portion shows a dense forest with trees displaying autumn foliage in shades of yellow, orange, and brown. A white rectangular box is centered over the image, containing the main title text.

# Questions to Ask Your Insurance Company to Ensure Nutrition Counseling Coverage

NEW LEAF  
NUTRITION



Not all insurance plans are created equal, so we need to make sure we understand the coverage for nutrition counseling.

To make sure your sessions are covered by your insurance, you will need to call the number on the back of your insurance card and ask the questions on the following page.

Once you have answers, please email them to your New Leaf Nutrition dietitian!

## Do I have coverage for outpatient nutrition counseling for the following codes?

- **Procedure codes**
  - 97802 (initial nutrition assessment)
  - 97803 (nutrition counseling follow-up visit)
- **Diagnosis:** Name the specific diagnosis you have such as an eating disorder diagnosis, diabetes, PCOS, etc.
- **Also ask what your coverage is for general nutrition counseling for diagnostic code Z71.3.** Sometimes people have better coverage with this code.
  - Those with Blue Cross Blue Shield (including Regence and Premiera) typically have better coverage with Z71.3 than a specific diagnosis.

## How many visits are covered per year?

## Do I need to meet a deductible before I have coverage?

## Do I have a copay?

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

## 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.