



## Checking Your Insurance Benefits

**We are currently in-network with BCBS, Cigna and United Healthcare**

Ask the following questions:

- Is nutrition counseling covered? Ask about procedure codes 97802 and 97803
- Are there restrictions on which diagnoses are covered?  
Is Z71.3 (dietary counseling and surveillance) covered, or is a medical diagnosis required?
  - *If a medical diagnosis is required, have your doctor fax recent visit notes and your diagnosis list to us at 833-857-1951.*
- Do I need a referral or prior authorization?
- Is nutrition counseling covered when provided via telehealth?
- How many visits are allowed?
- Do I have a deductible to meet before insurance pays?
- Will I have a copay or coinsurance?
- Is Hays County Nutrition Specialists (NPI 1780244780) covered under my plan?  
If not, what are my out-of network nutrition benefits?
- Write down the date, call reference number and name of the person you spoke with for your records.

Notes on Insurance Companies:

- Blue Cross Blue Shield: Every plan varies, make sure to confirm what your specific plan covers.
- United Healthcare: Almost always requires that we have a medical diagnosis from your provider.
- Cigna: You will most likely have 3 visits covered per calendar year. For certain medical diagnosis, you will have additional visits covered

Medicare:

- Medicare covers nutrition counseling only for people with diabetes or kidney disease. You will need a referral from your physician to get this coverage.