



How to Verify Health Insurance Benefits for Nutrition Counseling or Medical Nutrition Therapy

To verify your insurance benefits for nutrition counseling, please call the telephone number on the back of your insurance card and ask them the questions below. Verifying insurance coverage upfront helps ensure you get the most out of your benefits and avoid unexpected costs.

Be sure to record the date/time of phone call and the name of Health Insurance Representative to document your phone conversation in case any questions arise later.

Questions to Ask Representative from Insurance Company

1. Do I have benefits for Nutritional Counseling (*CPT Codes 97802 & 97803*)?
2. Do I have any nutrition counseling benefits covered under the preventative care portion of my plan?
3. Do these services require a doctor's referral?
4. Is there a limit on the number of visits I am allowed with a registered dietitian (per year)? Is there a limited amount of time (hours) allowed with a registered dietitian per session or per year?
5. If only certain medical diagnoses are covered, what are they?
6. Do I have to meet a deductible before insurance pays? Is there a co-pay?
7. Is Lynn Clayton, RDN, LDN (NPI # 1639514581) at Clayton Nutrition a covered provider under my plan? If not, what are my out-of-network benefits?
8. Does my insurance plan require pre-authorization?

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