

Steps to inquire about nutrition consultation reimbursement for out of network services:

1. Call the number on the back of your card
2. Do I have any **out of network benefits**?
3. Does my plan cover **out of network** nutrition counseling for the following CPT codes: **97802, 97803**
 - a. If yes, is there a limit to how many appointments or hours are allowed per plan year?
4. Does my **out of network** plan cover diagnosis code **Z71.3** with CPT codes **97802, 97803**?
 - a. *Please note: if you have any of the following diagnoses, please also ask for coverage of diagnostic codes for:*
 - i. Type 1 diabetes: **E10.9**
 - ii. Type 2 diabetes: **E11.9**
 - iii. Gestational diabetes: **O24.41**
 - iv. Anorexia: **F50.0**
 - v. Bulimia: **F50.2**
 - vi. Binge Eating Disorder: **F50.81**

If you have other diagnoses not mentioned here, you can also ask about coverage for those diagnoses as well, we are happy to help you locate the diagnosis code for any medical concerns you have.
5. Do I need a referral or prior authorization prior to my **out of network** appointment? ← *If yes, we will need to connect with your doctor to get this referral officially on record.*
6. If the representative says your plan is covered with preventative only, ask if the diagnosis code **Z71.3** is considered preventative with the CPT code **97802** and **97803**?
7. Do I have a deductible to meet first before my **out of network** coverage will be reimbursed?
 - a. If yes, how much?
8. Keep for your own records:
 - a. The name of the representative you spoke with
 - b. Ask for a reference number for this phone call
 - c. Mark the date and time
 - d. This info will be helpful if you ever need to dispute a claim

*Note: Lauren Newman Nutrition Therapy is not currently in network with any insurance plans. We encourage all clients to explore their out-of-network benefits within their individual policies. We can provide a superbill for you to submit to your insurance company for reimbursement, but please note that the client is responsible for full payment at the end of each session and a superbill does not guarantee reimbursement from insurance companies for sessions.