



INSURANCE VERIFICATION TIPS

We encourage all clients to contact their insurance provider prior to beginning nutrition counseling sessions to verify coverage and better understand any potential out-of-pocket costs. Coverage for medical nutrition therapy varies depending on your insurance policy, diagnosis, provider network status, and individual plan benefits.

Confirming benefits in advance can help avoid unexpected expenses and clarify whether copays, deductibles, session limits, referrals, or prior authorizations may apply. Please note that insurance verification is not a guarantee of payment. If services are not covered by your insurance provider for any reason, any remaining balance will be your responsibility.

Below are suggested questions to ask your insurance provider. We also recommend writing down the date of your call and any reference number provided for your records.

GENERAL COVERAGE



Is nutrition counseling covered under my plan?

Nutrition counseling procedure (CPT) codes used:

- 97802 for the initial session
- 97803 for each follow up



Does my plan cover Z71.3 (dietary counseling & surveillance) or is a medical diagnosis required?

If a medical diagnosis is required, please ask your physician to fax this to our office at (201) 340-0556.

DEDUCTIBLE, COPAY & COINSURANCE



Is nutrition counseling subject to a deductible, copay, or coinsurance?

If your deductible applies, you will be charged our negotiated insurance rate.

Your specialist copay may apply. We typically wait for the claim to be processed and then charge the credit card on file for outstanding the amount due.

PLAN RESTRICTIONS



Does my plan require a referral or prior authorization?
How many visits are allowed per calendar year?



Does my plan cover out-of-state providers?

Our practice's billing location is in New Jersey and our providers' NPI numbers are to the right for reference.

Provider NPI (National Provider ID) Numbers:

- Ilana Dubrovsky-Razam: 1841974300
- Amy Witterschein: 1972919884
- Julie Campbell: 1477392454
- Alexia Beauregard: 1700339207