

Did you know that many health insurance companies cover nutritional counseling?

To learn about your coverage, call the 800 phone number on the back of your insurance card and ask to speak with a representative. The information below will walk you through the steps to take to see if your insurance will cover the cost of nutrition counseling for your visit! Write down the answers and share with your dietitian!

What insurance companies do I participate with?

At the present time, I am in-network with Aetna, Cigna, Blue Cross Blue Shield, Harvard Pilgrim, Mass General Brigham, United Health Care, Humana and Medicare*.

What questions should I ask when calling my insurance company?

1. Is the provider Lindsay Ducharme in-network with my plan?

They may ask my national provider number (NPI) which is 1184917932 and my office address (499 Whipple Rd, Tewksbury, MA 01876).

2. Do I have nutritional counseling coverage on my insurance plan?

If the insurance company asks for a **CPT code** please provide them with the codes **97802 & 97803**.

3. Will my diagnosis be covered?

If the representative asks for a diagnosis code – please tell them the visit is coded with the **ICD 10 code: Z71.3**. I try to code your visit using **preventative coding** to maximize the number of nutrition visits you receive from your insurance carrier. If they say this code is not covered – you can ask if your medical diagnosis is covered (kidney disease, diabetes, hypertension, etc).

***Medicare** only covers nutrition counseling for chronic kidney disease and diabetes.

4. How many visits do I have per calendar year?

The representative will let you know how many visits they are willing to cover. Many plans will cover visits as long as medically necessary.

5. Is there an out of pocket cost for the visit?

Some insurances may charge a copay for nutrition counseling. For most insurance companies we are considered a **specialist**. Therefore, your specialist co-pay is applicable and is payable at the time of service. This information is often apparent on the front of your actual insurance card.

Sometimes, the nutrition counseling visits are subject to the deductible. If so, the visits will not be covered unless your deductible have been met. The visits will be paid out of pocket and that amount will go towards your deductible. Current cash prices are \$200 for initial visit, \$90 for follow up.

TIP: Write down the insurance representatives name and ask for a reference number for your call. This way you can reach them again if there are any issues.

