

Understanding Your Insurance Coverage

We know insurance can be complicated, and we want to make it easier for you. This form is here to help you get a clear picture of what your insurance covers.

While Healthy Mission Dietitian, Inc. is in-network with many insurance companies, coverage can vary depending on your specific plan. It's important to note that even if we check your eligibility, it doesn't always guarantee that insurance will cover your sessions. However, asking the right questions can help you better understand your benefits.

By filling out this form and sharing your answers with us, we can work together to create the best care plan for you, whether through your insurance or outside of it.

- 1) Start by calling the member services number, located on the back of your insurance card. Ask to speak with a representative regarding your benefits.
- 2) Write down the representatives name and ask for a reference number
NAME: _____ . REF# _____
- 3) Ask if you have medical nutrition therapy coverage. YES NO
 - a. Are the following procedures covered?
 - i. CPT 97802 (initial consultation) YES NO
 - ii. CPT 97803 (follow up consultation) YES NO
 - iii. Have many visits do I have per calendar year?

 - b. Do I have preventative nutrition benefits? YES NO
 - i. Is the diagnosis code z71.3 covered? YES NO
 - ii. Is the diagnosis code z72.4 covered? YES NO
 - c. If you have an existing medical condition, you can also ask if your diagnosis will be covered. Examples of some diagnosis is diabetes, hypertension, chronic kidney disease, hyperlipidemia (high cholesterol or high triglycerides)
 - i. Diagnosis: _____ YES NO
 - ii. Diagnosis: _____ YES NO
- 4) Does my plan only cover visits that are 'medically necessary'? YES NO
- 5) Do I have to meet my deductible first? YES NO
 - a. If yes, ask if you have met your deductible? YES NO
 - i. If you have not, ask how much is your deductible and how much you have paid towards your deductible. _____
- 6) In the event you have a deductible, your insurance company will not cover the cost of the visit. You will be required to pay for the cost of the visit. Initial consultation - up to \$380, Follow up visit - up to \$190
- 7) Do I have a copay for nutrition counseling? YES NO
 - a. If yes, how much is my copayment? \$ _____
- 8) Are telehealth services covered under my plan? YES NO
- 9) Is my dietitian covered under my plan?
 - a. Edith Yang - NPI 1598197402 YES NO
 - b. Melody Meloserdoff - NPI 1003524000 YES NO