

NOT YOUR AVERAGE
Nutritionist

Welcome to Not Your Average Nutritionist! Many insurance plans will cover nutrition counseling and medical nutrition therapy, usually at low or no cost to you. We will bill your insurance for you; however, **you are responsible to know and understand your benefits.**

You can use the worksheet as a guide to ask your insurance company to see if your visits will be covered. Please, read through the whole document before you start.

Step #1

Locate phone number to call on the back side of your insurance card. Keep your card handy.

Phone Number	
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Step #2

Call your insurance company and see (1) if we are in-network with your plan (2) what type of services are covered. Make sure you know what location and what dietitian you are scheduled with.

Question #1-- Question to ask insurance: Is this dietitian in-network with my insurance plan?

They should ask what is the tax ID and what is the NPI. Note that we have several dietitians, so it is important to make sure the dietitian you are wanting to see is in-network with your plan.

Tax ID# 82-1133389

San Luis Obispo, CA - Downtown Location

Elizabeth (Libby) Parker	NPI #1063834984		
	NPI #		

Virtual / Telehealth

Ask if this is covered! Most insurance companies don't. If not in CA, ask if out-of-state is covered.

Elizabeth (Libby) Parker	NPI #1063834984		
Briauna Pate	NPI #1184260986		

My insurance plan is (circle): IN-NETWORK or OUT-OF-NETWORK
If not in-network; do I have out-of-network benefits: YES or NO

Question #2--

Question to ask insurance: Does my plan cover nutrition counseling and/or education?

Conditions Listed (typically will list conditions that are covered or will say based on medical necessity)	
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QUESTIONS OR ISSUES? CALL US! (805) 801-1321

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Does your plan have preventive benefits? What are those benefits?			
Number of Visits per year		Max number of visits for policy	
Policy effective date (Ie: Jan- Dec, July-June)		Referral Needed Referral # (from Dr)	YES or NO #
Any exclusions (if yes, list them)			
Reference Number			

Question to ask insurance: What does this cost me?

Subject to deductible? What is the deductible? Met?		Co-pay? How Much?		Percentage of coverage (coinsurance)	
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Question to ask insurance: Can you check codes for me?

CPT Codes (Procedure codes) for nutrition therapy	97802 YES or NO	97803 YES or NO	S9470 YES or NO	Other?
What ICD-10 codes are covered? (diagnosis codes)				

Circle the diagnosis below that are covered and that you have would like nutrition services for.
(*Important: Do you have a diagnosis from your doctor? Please, ask for your ICD-10 codes)

Anorexia nervosa		Bulimia nervosa		Binge Eating Disorder	
Other Eating Disorders		Diabetes		Food Allergies	
Healthy Eating/ preventative		Other:			

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