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## Insurance Benefits Verification Questions

To find out what kind of nutrition counseling benefits you have through your specific insurance policy, start by calling the 1-800 number on the back of your insurance card and ask to speak with a representative. Ask the following questions:

- **Is Amanda Birkhead Nutrition Counseling LLC (NPI #1316392764) an in-network provider?**
  - ◆ If not, what are my out-of-network nutrition benefits?
- **Does my policy cover outpatient MNT (medical nutrition therapy) using CPT codes 97802 and 97803?**
- **Does my policy cover nutrition counseling under the preventative care portion of my plan (ICD 10 diagnosis code Z71.3) or do I need a medical diagnosis?**
  - ◆ If a medical diagnosis is required, have your doctor fax recent visit notes and your diagnosis list to me at (855) 450-1031.
- **Are there any restricted medical diagnoses for coverage?** (Some plans only cover nutrition counseling for diabetes, "obesity," and/or eating disorders)
- **Do I need a referral from a doctor or pre-authorization in order for nutrition counseling to be covered?**
- **How many nutrition counseling visits are covered each year?**
- **Will I have a copay for nutrition counseling visits?**
- **Do I have to meet my deductible before my policy will cover nutrition counseling?** If so, how much of my deductible have I met so far?
- **Is telehealth (virtual) nutrition counseling covered by my policy?**
- **Be sure to get the name of the representative you spoke with and ask for a reference number for the call**

Please be aware that the information given by your insurance company is not a guarantee of coverage.

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