



## Checking Insurance Benefits for Nutrition Services

*This page will guide you through checking your nutrition services benefits to ensure that our time together is covered by your insurance plan.*

**Please note:** INSPIRD Nutrition and Mental Health Counseling only accepts *Highmark, UPMC Health Plan, Blue Cross Blue Shield, Aetna, and Cigna* insurance at this time. If you are contracted with another insurance company, we are more than happy to provide you with a *superbill* to submit to your insurance company for reimbursement for our sessions.

***The superbill does not guarantee reimbursement.***

**Call the member services phone number on the back of your card and ask:**

1. Does my plan cover outpatient nutrition counseling and medical nutrition therapy services? (CPT codes: 97802 and 97803. If you have UPMC, also ask about s9470.)
  - If yes, how many sessions are allowed?
  - Does my plan only cover visits that are “medically necessary”? or do they also cover preventative services? (Ask your dietitian what diagnosis code they will be using)
2. Do nutrition sessions go towards my deductible?
  - If yes, how much is your deductible?
  - If yes, how much of the deductible have you met?
3. Do I have a copay for outpatient nutrition counseling and medical nutrition therapy services? If so, how much is it?
4. Record the representative’s name and a reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim.