



How to Check Your Insurance Benefits

Call the number on the back of your insurance card and ask the following questions. Write down your answers, the date and reference number for this call. Keep your sheet as a record of this information.

BEGIN THE CALL

I am calling to check my medical benefits for nutrition services. Here are my questions:

1. Does my plan cover these codes for nutrition counseling (97802 & 97803-ICD10 codes for Medical Nutrition Therapy)?
2. Do I have a deductible to meet before insurance pays?
3. What is my in-network deductible? What is my out-of-network deductible?
4. Is my policy on a calendar year? What is the date my policy starts again, and my balance is down to 0?
5. How many nutrition visits are allowed per year?
6. Is nutrition counseling covered when provided via telehealth?
7. Is nutrition counseling covered as a preventative service? If so, what are the criteria for it to be covered as preventative?
8. Will I have a co-pay or co-insurance?

Write down the date and reference number for your call.