



## Insurance Coverage Guide

Whole You Nutrition, LLC is an in-network provider for Blue Cross Blue Shield and United Healthcare. These are the only insurance companies we bill. If BCBS or UHC is your primary insurance it is important to check your benefit coverage before scheduling an appointment. This guide can help you get the information you need.

If Blue Cross Blue Shield or United Healthcare is not your primary insurance you will need to schedule a Private Pay appointment and request a Superbill that you can submit for possible reimbursement.

### Insurance vs Private Pay Pricing

The regular rate for a 90-minute initial nutrition consultation is \$300 and a 45-minute follow-up appointment is \$135. This is the price that we bill insurance. Private pay clients, those that pay out-of-pocket at the time of service, are eligible for a discount. The private pay rate for a 90-minute initial nutrition consultation is \$240 and a 45-minute follow-up appointment is \$115.

If a submitted claim is denied by your insurer you are required to pay the **full insurance billed regular rate**. It is important for you to confirm your insurance coverage before booking an appointment.

### Guide for Checking Insurance Coverage

This guide includes questions and information to help you determine if your nutrition appointment may be covered by Blue Cross Blue Shield or United Healthcare. It is important to ask these questions **before** your first visit.

1. Call the Member Services number on the back of your insurance card
2. Record the date, time and name of the representative for your records.

**Date:**

**Time:**

**Representative Name:**

3. Ask the following questions:
  - **Does my insurance cover nutrition counseling?**

The procedure codes used for nutrition counseling include:

97802 (initial nutrition consultation)

97803 (follow-up nutrition appointment)

- **Will my plan cover nutrition counseling for my specific health conditions?**

The default diagnosis code for visits is Z71.3 (Dietary Counselling and Surveillance). If another health condition diagnosis code is needed for coverage, it is your responsibility to share this information with Amber at or before your appointment for proper coding. Claims may not be resubmitted with different codes if they have been denied due to lack of coverage.

Other conditions might include things like diabetes or ob\*sity (which I don't personally consider a disease but I don't create the medical system rules, so we do our work within the constraints of the system).

- Health condition to be addressed:
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- **Can I see Amber Hanson at Whole You Nutrition, LLC?**

NPI (National Provider Identifier) for Amber Hanson/Whole You Nutrition is 1265916951

- **Does my insurance cover Virtual (video) or Telehealth Visits?**

Amber is licensed in the State of Minnesota. If your plan covers video visits and you live in Minnesota, you are covered. If you live in other states be sure to confirm coverage with a nutritionist licensed in Minnesota.

- **Do I have a deductible to meet first?**

- If yes, how much?

- **Do I have a co-pay or co-insurance?**

- If yes, how much?

- **Do I need a doctor referral?**

- If yes, please call your doctor for an insurance referral before scheduling your appointment

- **Do I have a limit on the number of visits?**

- If yes, how many per benefit year?

4. If provide, record the reference number provided by the service representative

**Reference Number:**

**DISCLAIMER:**

These questions are provided as a guide to help you determine benefit coverage from your insurance provider. Addressing this information with your insurance provider's member services does not guarantee coverage. If a claim is denied you are responsible for the full cost of the appointment.