

## Questions to ask your Blue Cross Blue Shield Service Representative Nutrition Counseling/Medical Nutrition Therapy with a Specialist (dietitian)

These questions are provided as a courtesy to help you determine if nutrition counseling may be covered by your insurance provider. Having these questions addressed by your insurance provider's member services does not guarantee coverage. Some plans, such as plans with **HMO Blue Cross Blue Shield require a referral from your doctor**. If you have one of these plans, it's important to read the information on the second page.

### In Person Appointments

**Does my insurance plan cover nutrition counseling/medical nutritional therapy?**  Yes  No

You may need to provide the following information.

- 97802 - Procedure code for an in-person initial nutrition counseling appointment
- 97803 - Procedure code for an in-person follow-up nutrition counseling appointment

### Virtual or Video Visit Appointments

**Does my insurance cover virtual visit appointments?**  Yes  No

- 97802-(95) - Procedure code for a virtual visit initial nutrition counseling appointment
- 97803-(95) - Procedure code for a virtual visit follow-up nutrition counseling appointment  
[95 indicates virtual visit]

**Does my insurance plan cover virtual visits, if I live in a state other than Minnesota?**  Yes  No

- Some policies/plans required that the client and nutritionist live in the same state.
- Be sure to tell the service representative.
  - Nutritional Weight and Wellness, Inc. is in the state of Minnesota
  - I live in the state of \_\_\_\_\_

### All Appointments

**Are Dietitians at Nutritional Weight & Wellness, Inc. In-Network with my plan?**  Yes  No

You may need to provide the following information

- 1700024890 - NPI (National Provider Identifier) for Nutritional Weight and Wellness, Inc.
- 41-1998969 - Tax ID for Nutritional Weight and Wellness, Inc

**Do I have a deductible to meet first?**  Yes  No

If yes, how much? \_\_\_\_\_

- If you have a high deductible, you may e-mail our Insurance Coordinator, [insurance@weightandwellness.com](mailto:insurance@weightandwellness.com) to find out if your plan has preventive services for Nutrition Therapy. Preventive services typically have no out of pocket expenses.

**Will my plan cover nutrition counseling for (your health conditions)?**

List the health conditions that you want to address at a Nutritional Weight & Wellness, Inc. appointment:

\_\_\_\_\_  Yes  No

\_\_\_\_\_  Yes  No

**Do I have a co-pay or co-insurance to see a specialist?**  Yes  No

If yes, how much? \_\_\_\_\_

**Do I need a physician's referral to see a specialist (dietitian)?**  Yes  No

If yes, please call your clinic to obtain referral PRIOR to your visit.



**Do I have a limited number of visits?**  Yes  No

If yes, how many visits can I have per benefit year? \_\_\_\_\_

**The service representative will give you a reference number** Ref. # \_\_\_\_\_

*We strongly suggest you record the date, time, and name of the representative you spoke with and keep a copy of this information for your records.*

## **Blue Cross Blue Shield HMO – Managed Care Referral Information**

### **Instructions on how to obtain a Managed Care Referral (a.k.a. Referral to see a Specialist).**

Please call your primary care clinic/doctor to request a managed care referral for services at:  
Nutritional Weight & Wellness, Inc.

This specific type of referral allows you to see a specialist (dietitian/nutritionist) that is in BCBS's network of providers. More recently these referrals are being called "Insurance Authorizations" so there are many terms being used for the same piece of paper.

**If BCBS has identified that a Managed Care Referral is needed, please follow these instructions. We will need the managed care referral in BCBS's system prior to your first appointment.**

Contact your primary care physician and request a referral. The doctor's staff will need to go to BCBS's system, which is either BCBS's website directly OR Availity.com, to enter the managed care referral request.

\*\*\*For Availity customer service, your clinic staff may call; 1-800-282-4548.

### **Please be sure to let your physician know we need the following information:**

-Doctor's first and last name

-Doctor's NPI number

-Patient's first and last name

-Patient's address

-Patient's birthdate

-Patient's diagnosis name plus the diagnosis codes in ICD-10 format. (any you have are acceptable)

-Visits – 18-36 visits in 12 months are standard.



Your physician's clinic will need this information:

Nutritional Weight and Wellness' National Provider Information (NPI) is:

170 002 489 0

Nutritional Weight and Wellness' tax ID is:

41-1998969

Procedure Codes:

97802 initial in-person Medical Nutritional Counseling

97803 follow-up in-person Medical Nutritional Counseling

AND for Video Visits

**97802-(95)** Initial virtual Medical Nutritional Counseling

**97803-(95)** Follow-up virtual Medical Nutritional Counseling

Diagnostic code:

Please ask your clinic to include any diagnosis codes for health conditions you may have.

We need to know your Managed Care Referral Number **prior to your first insurance appointment** (or first appointment with renewal). We are unable to submit an insurance billing claim without the referral number.

Call Pamela (you can leave a voicemail message) at: 651-288-2709

Email: [insurance@weightandwellness.com](mailto:insurance@weightandwellness.com)

**Or send a fax to - 651-305-0183**

**Attn: Insurance Dept**