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Insurance Benefit Checklist

Idaho Nutrition Associates and our Registered Dietitians are in-network providers with most insurance plans including Blue Cross/Blue Shield plans (nationwide); Regence, Aetna, Cigna, United Healthcare, Medicare, Pacific Source, Select Health, Mountain Health Co-Op, Humana, IPN Network, Bright Path, 1st Choice Health Network, SAHA, and more. Please ask us if you don't see your plan listed.

The following is a list of important details you'll want to ask when you contact your insurance company to verify whether your visit with a Registered Dietitian will be covered.

- ✓ Request benefit details for the following procedure codes:
 - Medical Nutrition Therapy
 - **97802:** Initial appointment
 - **97803:** Follow-up appointments
 - If you have diabetes, please request benefit details for the following procedure codes, in addition to those listed above.
 - **G0108:** Individual Diabetes Self-Management
 - **G0109:** Group Diabetes Self-Management
- ✓ Ask if your benefits:
 - Fall under "preventative". If so, are your visit paid at 100%?
 - Are applied to your deductible before any payment will be made?
 - Require you to be responsible for a co-pay? If so, what is the copay?
- ✓ Are there a limited number of visits that you are eligible to use?
- ✓ Are there any limitations or exclusions related to a health issue or diagnosed condition?
 - What conditions will they cover? (Some may only allow certain conditions such as diabetes, heart disease, overweight, or eating disorders. Others may include most conditions as long as there is medical necessity. Others may allow any visits as part of wellness/prevention benefits.)
- ✓ Does your plan require a referral or prior authorization?
- ✓ **Very important:** document the date, name of the agent who helped you and ask for a reference or confirmation number for the call.
- ✓ Please don't hesitate to call us if you have any questions or concerns about the information you receive from your insurance company.

*If you find you do NOT have benefits through your medical insurance,
please know that we offer a generous discount to our cash-paying clients.*