
Insurance Benefit Checklist

Idaho Nutrition Associates and our Registered Dietitians are in-network providers with most insurance plans including Blue Cross/Blue Shield plans; 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. However, ***we recommend confirming network status prior to your initial appointment due to the ever-changing insurance environment. In addition, please take the time to inquire about specific details relating to your nutrition benefits.***

The following is a list of important details you'll want to ask when you contact your insurance company:

- ✓ Request benefit details for the following procedure codes:
 - Medical Nutrition Therapy
 - **97802:** Initial appointment
 - **97803:** Follow-up appointments
 - If you have diabetes, please ***also*** request benefit details for the following codes:
 - **G0108:** Individual Diabetes Self-Management
 - **G0109:** Group Diabetes Self-Management
- ✓ Ask if your benefits:
 - fall under “preventative” services
 - are applied to your deductible
 - require a co-pay
 - are limited to a certain number of visits
 - have limitations or exclusions related to a health issue or diagnosed condition
 - If so, what health issues/conditions will they cover?

NOTE: Some plans only cover certain conditions such as diabetes, heart disease, overweight, or eating disorders. Others may cover for any medically necessary reason, and some allow visits as part of wellness and prevention benefits.
- ✓ Does your plan require a referral or prior authorization?
- ✓ **Very important:** document the date, name of the agent, and get a reference 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,
please know that we offer generous discounts to our cash-paying clients.*