How to Check for Insurance Benefits

Insurance plans typically offer benefits for nutrition services. Use the following steps to see what your insurance will cover.
I'm currently in network with Aetna, Blue Cross, First Choice Health, PacificSource, Premera, Regence, and UnitedHealthcare.

- **Step 1: Check your benefits**
  - Contact your insurance (phone # located on the back of your insurance card).
    - Ask if they cover CPT codes 97802 and 97803.
    - Make sure they cover telehealth visits with live video.
    - Then ask if you have coverage for **preventative nutrition counseling** or z71.3 or z72.4 (if they ask for a code).
    - If not, ask if you would have **medical nutrition therapy coverage** with a **medical diagnosis** such as gestational diabetes.
    - You can also ask:
      - How many visits you have coverage for.
      - If you have a copay and/or deductible that needs to be met

- **Step 2: See if Nesting Nutrition is "in-network" with your insurance company**
  - Ask your insurance company if Nesting Nutrition LLC is "in-network"
    - They'll likely need my NPI, so please share this with them:
    - NPI Type 1: 1780306548
    - NPI Type 2: 1881433100 (Blue Cross typically wants this one)
  - If Nesting Nutrition LLC is "out-of-network", some insurance plans will offer out-of-network benefits.
    - This means you will initially pay for your nutrition services, and then submit a form called a "superbill" (which I'll generate for you after our sessions) to get reimbursed a percentage of the session fee.
    - The time it takes to get reimbursed depends on your plan. You can ask your insurance company if they can provide an estimated turnaround time on superbills if you'd like to know in advance.

- **Step 3: Schedule your 1st Session with Nesting Nutrition!**
  - Contact me to schedule your first session!
    - Call/text: (406) 550-0366 OR email: adottsrdn@gmail.com