



Nutrition Harmony

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Nutrition Harmony, LLC

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Verifying Health Insurance Benefits for Nutrition Counseling or Medical Nutrition Therapy (MNT)

Many health insurance companies cover nutrition counseling. Some cover this as a preventative service without a medical diagnosis, while others require a medical diagnosis. Coverage varies greatly between individual policies and is subject to change.

Alexandra C. Sanchez, MS, RD, LDN is currently a participating provider with:

- **Mass General Brigham Health Plan**
- **Blue Cross Blue Shield of MA** (*Note: Blue Cross Blue Shield Out-of-State plans may have out-of-network benefits and may not always cover Nutrition counseling)

Provider and Practice Information: ****Virtual visits only offered at this time****

- **Provider Name and NPI:** Alexandra C. Sanchez, MS, RD, LDN, CDCES (1679067359)
- **Location and NPI:** Nutrition Harmony LLC (1023881398)
 - Address: 450B Paradise Rd.,#233, Swampscott, MA 01907

To verify your insurance benefits for nutrition counseling, please call the Customer Service number on the back of your insurance card. Ask to speak with the Benefits and Coverage Department and ask the representative the questions below. Carefully document ***ALL*** responses provided to the questions and keep this information in a safe place, in case you need to refer to this in the future. Do this ***PRIOR*** to your scheduled Nutrition appointment. This will help ensure you get the most out of your benefits and avoid unexpected bills.

1. **Do I have covered in-network benefits for Medical Nutrition Therapy (MNT) - CPT codes 97802 (Initial Nutrition consult) & 97803 (Follow-up Nutrition visit)?**
2. **How many Nutrition visits are covered per insurance plan calendar year?**
3. **When does my calendar year start and end?**
4. **Are “Telehealth” (virtual visits) covered for Nutrition?**
5. **Is coverage dependent on my diagnosis? (Provide them with the diagnosis from your physician’s Nutrition referral to verify coverage.)**
6. **Are there any benefits for “preventative Z codes”, such as Z71.3 Dietary Counseling and Surveillance or Z72.4 Inappropriate diet and eating habits?**
7. **Are there any restrictions - e.g., need to use a certain Dietitian?**
8. **Is there a co-pay, coinsurance, out-of-pocket-max for a Nutrition visit or deductible before Medical Nutrition Therapy benefits are covered?**
9. **Is a Nutrition referral and/or prior authorization needed?**
10. **What is the reference number for the call and the name of the person I spoke with?**

***If insurance declines to cover your visit(s) for any reason, you are responsible for the full amount billed.** If you verify prior that insurance will not cover and I am out-of-network, a “superbill” or detailed, itemized receipt may be provided upon request that can be submitted to your insurance company for possible reimbursement. Self-pay rates would apply at time of visit, if not covered.