

Nutrition Counseling Benefits Verification Checklist

Christa Le, RD, CSR, LD

Berry Street or Fay will assist with insurance checks; however, you are ultimately responsible for understanding your coverage and benefits. Please follow these instructions to verify your insurance coverage.

Provider Information:

- **Name:** Christa Le, Registered Dietitian (RD, CSR, LD)
 - **Telehealth CPT Codes:** 97802 (initial session) and 97803 (follow-up sessions)
-

Steps to Verify Your Benefits

1. **Call Member Services:**
 - Locate the customer/member service phone number on your insurance card.
 2. **Ask the Following Questions:**
 - Do I have coverage for **Medical Nutrition Therapy (MNT), nutrition services, or preventative services?**
 - How many visits are covered annually or per calendar year?
 - Is there a **copayment** or **deductible**? If yes, what is the amount?
 - Are there any additional limitations or details about my policy related to seeing Christa Le?
 3. **Preventative Coverage Inquiry:**
 - Many insurance plans now cover preventative nutrition counseling at **100% without a diagnosis** or doctor's referral.
 - Ask if your plan covers services under **ICD-10 Code Z71.3** (dietary counseling and surveillance).
 - Confirm whether a referral from your physician is required for coverage.
 4. **Record Information:**
 - Write down the name of the representative you speak with.
 - Request a **reference code** for your conversation to keep on file.
-

I look forward to supporting you on your health journey!

Updated: 12.28.2024

Christa Le, RD, CSR, LD