Check Your Nutrition Counseling Benefits

Call Member Services on your insurance card and record the answers below.

Your name: _____ Insurance company: _____

1 Check the provider and services

Are BOTH the practice and the dietitian in my insurance network?

Kidney Nutrition Specialist LLC | NPI 1316564909	☐ Yes	☐ No
Jadeda Hooks, RDN, CSR, LD | NPI 1174834493	☐ Yes	☐ No

Are nutrition counseling services covered for these procedure codes?

97802 (first appointment)	☐ Yes	☐ No
97803 (follow-up appointments)	☐ Yes	☐ No

2 Ask about benefit types, costs, and visits

Does my insurance plan include nutrition counseling benefits?

☐ Preventive ☐ Medical ☐ Both

Ask for the costs and visit limits for each benefit type your plan covers.

Cost or limit	Preventive	Medical
Copay per visit	$ _____	$ _____
Coinsurance (your share)	_____ %	_____ %
Deductible applies?	Yes / No	Yes / No
Visits or units allowed	_____	_____

If a deductible applies, amount remaining: Preventive $_____ Medical $_____

Are the coverage rules or visit limits different between the two benefits? ☐ Yes ☐ No

If yes, explain: _____

3 Check other requirements, including telehealth

Is a referral required?	☐ Yes	☐ No
Is prior authorization required?	☐ Yes	☐ No
Are telehealth nutrition visits covered?	☐ Yes	☐ No

If you may use telehealth now or later, ask about different costs, rules, or visit limits.

Telehealth differences: _____

Additional Coverage Details

Ask only about the health conditions that apply to you.

4 Check coverage for your health condition

Are procedure codes 97802 and 97803 covered for my health condition?

The representative can check the diagnosis codes listed below.

Health condition	Diagnosis code	Covered?	
Dietary counseling	Z71.3	☐ Yes	☐ No
Overweight / obesity	E66.3 / E66.9	☐ Yes	☐ No
BMI 25–25.9 / BMI 30–39.9	Z68.25 / Z68.30–Z68.39	☐ Yes	☐ No
High blood pressure	I10	☐ Yes	☐ No
High cholesterol	E78.5	☐ Yes	☐ No
Prediabetes	R73.03	☐ Yes	☐ No
Diabetes	E11.9 / E11.65	☐ Yes	☐ No
Kidney disease, stages 3a, 3b, 4 and 5	N18.31 / N18.32 / N18.4 / N18.5	☐ Yes	☐ No

5 Ask whether your BMI qualifies for preventive benefits

Does my BMI qualify for preventive nutrition counseling coverage?

☐ Yes ☐ No If yes, qualifying BMI or BMI range: _____

Does my plan require a particular diagnosis code for BMI-based benefits?

☐ Yes ☐ No If yes, code: _____

6 Record the call details

Representative name: _____

Call reference number: _____

Additional notes: _____

Benefits are not a guarantee of payment; the insurer determines coverage when the claim is processed.