

If you would like to contact the insurance company on your own, here is a script that may help.

Information you may need prior to making the call:

- Your insurance card
- My NPI number is 1982285763
- My EIN/Tax ID number is 862880506
- My practice name is: Danielle Sobieski Nutrition PLLC

**For in-network insurance companies:**

Does my plan cover outpatient nutrition counseling (CPT codes 97802 & 97803)?

If yes, how many sessions are allowed?

Does my plan cover visits only that are "medically necessary?" If so, what does my plan consider "medically necessary?" For example, high cholesterol, diabetes, etc.

Does my plan cover nutrition counseling under the ICD-10 code "Z71.3?" If not, is there another code that is covered instead? For Aetna, ask about Z72.4 and Z71.3.

Do I have a deductible to meet first?

If yes, how much?

Do I need a physician referral?

What is my co-pay or coinsurance amount for outpatient nutrition counseling?

Important: ask for a reference number for the inquiry/conversation and save it.

**For out-of-network insurance companies:**

Does my plan cover out-of-network outpatient nutrition counseling (CPT codes 97802 & 97803)?

If yes, how many sessions are allowed?

Does my plan cover visits only that are "medically necessary?" If so, what does my plan consider "medically necessary?" For example, high cholesterol, diabetes, etc.

Does my plan cover nutrition counseling under the ICD-10 code "Z71.3?" If not, is there another code that is covered instead? For Aetna, ask about Z72.4 and Z71.3.

Do I have a deductible to meet first?

If yes, how much?

Do I need a physician referral?

Important: ask for a reference number for the inquiry/conversation and save it.

Adapted from: <https://www.erinphillipsnutrition.com/rates-insurance>