



Checking Your Insurance Benefits:

Call the member services number on the back of your card and ask:

1. Is this plan fully funded or self funded?
2. Does my plan cover outpatient nutrition counseling (CPT codes 97802 and 97803)?
3. Is there a limit on the number of allowed visits per year?
4. Is there a limit on the number of allowed units per session or per year?
5. Does my plan only cover preventative “medically necessary” visits? Ask if these diagnosis codes are covered; Z71.3 dietary counselling, E66.3 overweight, E66.0 obesity, I10 hypertension, E78.5 hyperlipidemia, E11 type 2 diabetes, E11.65 type 2 diabetes+ hyperglycemia.
6. Are telehealth sessions covered?
7. Do I have a deductible to meet before nutrition counseling benefits can be used?
8. Do I have a co-pay or co-insurance for nutrition counseling? If yes, how much is it? (A registered dietitian is considered a specialist)
9. Do I need a physician referral? If yes, please obtain their NPI number and have them fax a referral to Baharak (Mona) Solasi at (818)975-2178.
10. Is Mona Solasi in network with my specific plan? (NPI number: 1780130633) If I am not in-network, ask if you would be able to see me using out of network benefits and ask what steps you would need to take to file for reimbursement for out of network benefits.
11. Record the representative’s name you spoke with and the reference number for the call (this information will be necessary if you ever need to dispute a rejected claim).

You will be responsible for any visits which your insurance carrier denies payment.

MONA SOLASI, RDN | MEDICAL NUTRITION THERAPIST

Cell: 310-880-9633 • Fax: 818-975-2178 • www.concierge-nutrition.com • bmsolasi@concierge-nutrition.com