

# Questions to Ask Your Insurance

Please complete the following worksheet **1 week before** your scheduled appointment and bring this information to your first appointment (or have handy if it is a telehealth appointment.)

**Please call the member services number on the back of your insurance card and ask a representative the following questions to determine your nutrition coverage:**

1. Does my plan cover medical nutrition therapy - CPT codes 97802 (medical nutrition therapy – assessment), 97803 (medical nutrition therapy – follow up), or 97804 (medical nutrition therapy – group)?  
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2. Do I have any nutrition counseling visits covered under the preventative care portion of my plan (ICD-10 code Z71.3)?  
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3. Do I currently have coverage for services provided via telehealth?  
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4. Do I need a physician referral? **NOTE:** If yes, this must be requested at least **1 week** before your appointment. The information listed in the header may be needed.  
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5. Are my visits subject to my deductible?  
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6. If yes, how much is it and how much has been met so far?  
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7. Is there a copayment for each visit or do I have co-insurance? If I have co-insurance, what is the percentage of coverage?  
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8. How many sessions are covered per year?  
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9. What month does the policy year renew?  
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10. Are there any restrictions and/or limitations to my coverage?  
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11. Is Erin Decker Nutrition (NPI number 1457943979) currently an in-network provider for my plan?  
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12. If not, what are my out of network benefits?  
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13. For out of network: How do I submit my claims for reimbursement?  
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