

Throughline Nutrition

Throughline Nutrition (formerly Nutrition with Rebecca) is in-network with Aetna, United Healthcare, and Cigna. We will file claims on your behalf, but coverage details such as copay, deductible, and session limits vary by plan. We recommend calling your insurance company before your first appointment to confirm your specific benefits. Please let us know if you have any further questions about this matter.

PRIMARY INSURANCE: _____

GROUP NUMBER: _____

POLICY NUMBER: _____

POLICY HOLDER'S DOB: _____

POLICY HOLDER NAME: _____

POLICY HOLDER'S ADDRESS: _____

POLICY HOLDER'S

RELATIONSHIP TO CLIENT: SELF SPOUSE PARENT

01

Call the number on the back of your insurance card and ask to speak with the benefits department.

02

Ask the following questions and record each answer.

1. Does my plan cover Medical Nutrition Therapy, CPT codes 97802 and 97803? Yes | No

a. If yes, how many sessions or hours are allowed per plan year? _____

b. Is coverage limited to visits considered "medically necessary"? Yes | No

2. Does my plan cover preventive nutrition counseling under diagnosis code Z71.3, using CPT 97802/97803? Yes | No

a. *This code may apply if we don't yet have a diagnosis from your physician.*

3. If any of the following apply to you, ask specifically about coverage for:

- Anorexia Nervosa (F50.019, F50.029, F50.00)
- ARFID (F50.82)
- Bulimia Nervosa (F50.20)
- Rumination Disorder (F98.21)
- Binge Eating Disorder (F50.819)
- Body Dysmorphic Disorder (F45.22)
- OSFED (F50.89)

4. Do I have a deductible to meet first? Yes | No

a. If yes, how much, and how much have I already met this year?

5. What is my copay or coinsurance for nutrition counseling? _____

6. Do I need a physician referral before my first session? Yes | No

7. Does my plan cover telehealth/virtual sessions? Yes | No

03

Before ending the call, record:

Representative's Name: _____

Reference Number: _____

Date & Time of Call: _____