



Checking your insurance benefits

This page will help you through the process of checking your insurance coverage for nutrition services. RL Nutrition only accepts Premera at this time. If you have another insurance, we are more than happy to provide you with a superbill to submit to your insurance company for reimbursement for sessions. A superbill does not guarantee reimbursement.

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

1. Is RL Nutrition in network with my insurance plan? (They may ask for an **NPI number: 1295281830**)
2. Does my plan cover outpatient nutrition counseling and/or medical nutrition therapy? (They may ask for **CPT codes: 97802 and 97803**)
 - a. If yes, is there a limit to the amount of sessions I'm allowed?
 - b. Does my plan cover only visits that are medically necessary, or does it also cover preventative services?
 - c. Does my plan cover telehealth sessions?
 - d. Do I need a referral from my primary care provider?
3. Do nutrition sessions go towards my deductible?
 - a. If yes, how much is my deductible?
 - b. If yes, how much of the deductible have I met?
 - c. If yes, when does my deductible reset?
 - d. If yes, do I have a co-insurance once the deductible is met? (This answer is usually given in a percentage - please contact RL Nutrition for an estimate of what this may cost for you based on contracted insurance rates)
4. Do I have a copay for outpatient nutrition counseling and medical nutrition therapy services?
5. Record the representative's name and reference number if you can, and keep it in a safe place. You may need this information if you need to dispute a claim denial in the future.

Please reach out if you have any questions!

