

## The Insurance Handout – Medicare

(Includes Medicare supplement and Medicare replacement plans)

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### The Price of Insurance Appointments vs Private Pay Appointments

The regular rate for an initial consultation (2-hours) is \$365 and a follow-up consultation (1-hour) is \$160. That is the price we bill insurance. We can give a discount to private pay clients, those who pay out-of-pocket at the time of service. The private pay rate for an initial consultation (2-hours) is \$265 and a follow-up consultation (1-hour) is \$110. It is important to know if your insurance will pay before you come in. If we submit a claim for nutrition counseling and your claim is denied, you will be required to pay the full insurance rate.

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### Medicare Coverage

These plans have very limited coverage and will only cover for a diagnosis of diabetes (not prediabetes); chronic kidney disease stage 1, 2, or 3; or if you have had a kidney transplant in the last 36 months. Also, the time is limited, those plans will only cover 3 hours per year the first time you see a nutritionist and 2 hours per year for subsequent years. You will need to obtain an informational referral each year. See “Informational Referral” below.

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### Medicare Supplement and Replacement Plans

Nutritional Weight & Wellness, Inc. is a provider for Blue Cross Blue Shield, Medica and Medicare. Those are the only insurances we bill.

- If you have just Medicare, we can send in a claim.
- If you have Medicare and a Medicare supplement plan (Medigap) from any insurance company, we can send in a claim.
- If you have a Medicare card and a Medicare replacement plan (Advantage), it needs to be from Blue Cross Blue Shield or Medica.

If you are unsure if you have a supplement (Medigap) or replacement plan (Advantage), look at your insurance card, it might indicate which plan you have or you can call your insurance company and ask.

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### Video Visits

During the Covid-19 emergency, Medicare has allowed video visits or phone appointments for all members who have a qualifying diagnosis (diabetes; chronic kidney disease stage 1, 2, or 3; or kidney transplant)

## Informational Referral

Call your primary care, or any other doctor you see who is a Medicare provider, and get an informational referral (sometimes called an Order) for a nutritionist/dietician at Nutritional Weight and Wellness, Inc.

You can give the following information to your doctor, if it helps.

The informational referral should contain:

Doctor's first and last name

Doctor's NPI number

Patient's first and last name

Patient's address

Patient's birthdate

Patient's diagnosis

If you have diagnosis of diabetes; chronic kidney disease stage 1, 2, or 3; or if you have had a kidney transplant in the last 36 months, please make sure that is listed.

Other diagnostic codes may also be listed.

Words similar to:

Request patient to see a dietician or nutritionist at Nutritional Weight & Wellness, Inc.

The informational referral will be good for one year. You will need a new informational referral every year.

### **Fax the Informational Referral to Nutritional Weight & Wellness, Inc.**

We will need the informational referral **prior** to your first appointment for the calendar year.

**PLEASE FAXED INFORMATIONAL REFERRAL** to:

Attn: Insurance Department

Nutritional Weight & Wellness Inc.

Fax: 651-695-0191

If you have any questions, please call Shirley @ 651-288-2709 or email at [shirley@weightandwellness.com](mailto:shirley@weightandwellness.com)

**These questions are provided as a courtesy to help you determine if nutrition counseling may be covered by your insurance provider. Having these questions addressed by your insurance provider's member services does not guarantee coverage.**