

The Insurance Handout – Medicare

(Includes Medicare supplement and Medicare replacement plans)

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.

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 a doctor's referral each year. See "Doctor's Referral" below.

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.

Doctor's Referral

Call your primary care, or any other doctor you see, and get a doctor's referral for a Nutritionist/Dietician at Nutritional Weight and Wellness, Inc.

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

The doctor's 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 (not prediabetes); 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 doctor's referral will be good for the calendar year.

Every January you will need a new doctor's referral.

Fax the Doctor's Referral to Nutritional Weight and Wellness, Inc.

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

The doctor's referral can be sent to Blue Cross and Blue Shield.

But, it **ALSO NEEDS TO BE FAXED** 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

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.