

CHECKING YOUR INSURANCE BENEFITS

Instructions: First, check for your provider’s name in your plan’s list of approved providers [Joleen Wilson NPI 1528293586 and RestorED Nutrition Therapy NPI 1003380791]. To ensure coverage, call your insurance company and ask the questions below. We recommend that you write down the answers so you can bring it with you to your first session.

QUESTION	YES	NO	NOTES
Is outpatient nutrition counseling a benefit of my plan?			
If yes, is there a limit on number of visits per year? A limit on number of allowed units per session?			
Are preventative services covered or is a medical diagnosis required?			
Preventative diagnosis code examples: Z71.3, Z68.3, Z86.39 Are there any medical diagnoses covered/excluded? F50, E66.3			
Are virtual services covered?			
Telehealth (video) sessions Phone sessions			
What is my cost share(s), if any?			
Do I need to meet my deductible before nutrition counseling is covered? Does my plan have any out-of-network benefits for nutrition? Do I have a co-pay or co-insurance for nutrition therapy?			
Do I need a physician referral?			
Does the referral need to be sent to and approved by my insurance for prior authorization before services can start? If not, your physician may fax a referral to our office 855.438.6802			
Ask for a reference number for the call			
Reference number: Name of person you spoke with:			



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PRIVATE PAY RATES

Initial Assessment and Intervention (60-90 minutes) – \$150

Follow-ups (60 minutes) – \$100

Please note that our being an in-network provider with your insurance does not guarantee coverage by your specific plan. Please also note that it is the sole responsibility of the client, not RestorED Nutrition, to call and verify insurance coverage. Insurance reimburses at the contracted rate, which is usually higher per unit than our self-pay rates. We have not increased our rates for over 3 years, as we want to make treatment more affordable for those who do not have insurance.

INSURANCE

In-Network	Aetna, BCBS Cigna, Healthcare Highways, Health Choice, Humana	We will submit claims to your insurance on your behalf
Certified Non-Network Provider	BCBS HMO or POS plans (varies by state), Community Care, Tricare East (Humana Military)	We are recognized by these payors You will pay for the session, then you may submit a receipt for services rendered (superbill) or you may submit a claim to your insurance If you have out-of-network benefits, you could be reimbursed if you choose to submit a superbill
Out-of-Network	Medica/other catastrophic coverage, Medicaid (Sooner Care), Medicare, TriWest, UHC, UMR	We are not recognized by these payors You may submit a superbill for services rendered If you have out-of-network benefits, you could be reimbursed



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