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## Verifying Nutrition Benefits

To verify your insurance benefits for nutrition counseling, please call the number on the back of your insurance card and ask them the questions below. Doing this will help ensure you get the most out of your benefits and avoid unwanted financial surprises.

- Do I have benefits for nutritional counseling, CPT codes 97802 & 97803?
- Do I have any nutrition counseling benefits covered under the preventative care portion of my plan? (ICD-10 code Z71.3)
- Are there any restricted diagnoses for coverage? (Some plans only cover nutrition for diabetes and/or eating disorders).
- Is a doctor's referral required?
- Is there a limit on the number of visits allowed?
- Are telehealth visits covered?
- Do I have a deductible to meet before insurance pays?
- Do I have a co-pay or co-insurance?
- Is Katharine Jeffcoat (NPI Number: 1710369178) or Jessica Hazen (NPI number: 1144726019) covered provider under my plan? If not, what are my out-of network nutrition benefit?
- What is the name of the representative I spoke with, date and reference number?

Portland Pediatric and Family Nutrition is Contracted with Cigna, Blue Cross Blue Shield, Regence, United Healthcare and Lifewise.

I'm not in-network with Kaiser and Moda and they don't have out of network nutrition benefits. Certain Providence Plans have out-of Network benefits.