

LIBERATED *plate*

Step by Step Guide to Complete an Out of Network Benefits Check

Steps to inquire about nutrition consultation reimbursement for out of network services:

- 1. Call the number on the back of your card. Ask to speak to the benefits department.**
- 2. Do I have any out of network benefits?**
- 3. Does my plan cover out of network nutrition counseling/medical nutrition therapy for the following CPT codes: 97802, 97803, S9470?**
 - a. If yes, how many appointments or hours are allowed per plan year?**
 - b. Please note, if you have any of the following diagnoses, please ask about coverage for the associated diagnostic code**
 - i. Anorexia Nervosa: F50.019, F50.029, F50.00**
 - ii. Bulimia Nervosa: F50.20**
 - iii. Binge Eating Disorder: F50.819**
 - iv. OSFED: F50.89**
 - v. ARFID: F50.82**
 - vi. Rumination Disorder: F98.21**
 - vii. Body Dysmorphic Disorder: F45.22**
 - viii. Pica: F50.83, F98.3**
 - ix. Gastroparesis: K31.84**
- 4. Do I need a referral prior to to my out of network appointment?**
- 5. If the representative says your plan is covered with preventative only, ask if the diagnosis code Z71.3 is considered preventative with the CPT code 97802 and 97803**
- 6. Do I have a deductible to meet first before my out of network coverage will be reimbursed?**
 - a. If yes, how much is the deductible? *The deductible is the amount of money you have to spend out of pocket before insurance begins covering 100% of services**

7. Take note of the following information and keep for your records

- a. Name of representative**
- b. Phone call reference number**
- c. Day/Time of call**

Questions? Email us at hello@liberatedplate.co



There are companies that assist with the reimbursement process. If you're looking for assistance, check out Reimbursify. Liberated Plate Nutrition Therapy, LLC does not receive compensation from Reimbursify and we are not affiliated with them. Regardless of intentions to submit for OON reimbursement, we ask clients to provide payment of our full fee at the time of the appointment.