

Bamboo Nutrition Insurance Verification Worksheet

This worksheet is not required for you to complete.

Please read the instructions thoroughly. Please familiarize yourself with this form BEFORE calling your insurance.

This is a verification form to help you compile information from your insurance company about your nutrition counseling benefits. If you will be using your health insurance policy to cover a portion of your nutrition therapy, you will need to understand your coverage, including your co-pays, co-insurance and deductible. Please contact your dietitian if you have any questions.

Please collect all of the information below and type out the responses from your insurance company.

If nutrition counseling is not a benefit in your insurance plan, per the billing policy, you are responsible for paying 100% of the self-pay rates.

\$195- initial

\$130- follow up

This form is not required to complete, but strongly encouraged so you are informed about your coverage for our services.

Make sure you have your insurance card handy, and call the number on your card for customer service or member benefits. Please know your medical diagnosis by referring to the "diagnosis list or problem list" on your most recent medical progress note.

Please also understand that your dietitian practices within a Health At Every Size framework. The number on the scale does not dictate health. Insurance does not practice this framework and often will give nutrition coverage to individuals at a higher BMI. For this reason, we want to do what we can to get your sessions covered so we can focus on you, not your weight. If you feel comfortable proceeding with an "ob*sity" diagnosis, ask your insurance about it below. Feel free to ask your dietitian more about this in session.

Call the Member Services number on your insurance card. Ask to check "Benefits and Coverage."

Is my provider in network with my plan?

- yes
- no

Provider information:

Bamboo Nutrition
Tax ID/EIN: 83-297-8885

If you know the provider you will work with, provider insurance to make sure they are in network with your plan. (The provider MUST be in network, it is not enough for "Bamboo Nutrition" to be in network).

Laura Bradfield NPI: 1336763507

Julia Henry NPI: 1285221127

Lynn Eaton NPI: 1982953196

Rachel Hughes NPI: 186-110-4341

Erika Conte NPI: 155-802-3481

Samantha Chace NPI: 130-651-7990

If this provider is in network, continue on. If this provider is not in network, ask the following about the information below: 1. Does my plan have any out of network benefits for the following CPT codes and diagnosis? 2. Can I do a single case agreement? - Please explain to me what information I would need and how this process works.

Does my plan cover nutrition counseling? CPT codes: 97802, 97803, 99404

Are there any restrictions, limitations or exclusions to my coverage?

Is a prior authorization or referral needed?

Does my plan cover the following diagnosis code? *If you do not think you have this diagnosis, then do not ask about it.

Z71.3 (dietary counseling and surveillance)

E66.01 or E66.9 (both for obesity)

E11.9 (diabetes)

Eating Disorder Codes: F50.0

E78.5 Hyperlipidemia

I10 Hypertension

K90.0 Celiac Disease

K51.90 Ulcerative Colitis

E28.2 PCOS

If your diagnosis is not on this list, just name your condition or check with your doctor for the diagnosis code

Is there a limit to the number of sessions per year my policy allows? If so, how many? *Each follow up visit is 4 units long (60min), The initial visit is 90min long

Do I have a deductible for nutrition counseling services? - If so, how much is my deductible? - How much of my deductible have I met so far? - Do I have to meet my deductible before my sessions are covered?

Do I have a copayment for each visit? - If so, how much of a copay do I have per session? *Usually the copay is applied only once you've met your deductible

Do I have a co-insurance? - If so, how much of a percentage does my co-insurance cover? *Usually the co-insurance is applied only once you've met your deductible.

Does my plan cover telehealth visits? - Is there a change in coverage or copay/co-insurance amounts?

When does the policy year renew?

Other notes

Please make sure to record the representative's name and reference number. This will be essential in the future if any claims are denied. What is the reference number for that call today?

Please note that quoted benefits are never a guarantee of coverage. We do our best to submit claims and update you on your coverage quickly. It does take between 2-6 weeks, sometimes longer, for insurance to process your claims. In our billing policies, you are responsible for what your insurance does not cover.