



a soft place to land
nutrition and therapy

Some insurance companies will offer partial or full reimbursement for nutrition and/or mental health services. We are happy to provide a superbill for you to submit to your insurance. To determine what your out of network benefits are for nutrition counseling and/or mental health counseling, you can call your insurance company and ask the following:

NUTRITION COUNSELING:

1. Does my plan cover outpatient nutrition counseling? Please tell me the specific benefits for nutritional counseling using CPT codes of 97802 AND 97803 for PREVENTATIVE services. If they ask for a diagnosis code, try z72.4 or z71.3.
2. Do I have a deductible to meet before insurance pays? If so, how much of my deductible has already been met? Is the deductible waived for preventative nutrition counseling?
3. How much will I be reimbursed for?
4. What is the process for submitting for reimbursement? What paperwork needs to be completed and where do I send this to?
5. Write down the date and reference number for your call

MENTAL HEALTH THERAPY:

1. Does my plan cover behavioral health services? CPT codes 90791 and 90837
2. Do I have a deductible to meet before insurance pays? If so, how much of my deductible has already been met?
3. How much will I be reimbursed for?
4. What is the process for reimbursement? What paperwork needs to be completed and where do I submit?
5. Write down the date and reference number for your call