

Checking Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to ensure that our time together is covered by your insurance plan. I ask that you check your benefits prior to your 1st appointment.

Please note that Marsi Markowitz only accepts Cigna, Aetna & EmblemHealth at this time. If you have a different insurance, I am more than happy to provide you with a superbill upon request that you can submit to your insurance company for possible reimbursement. You will need a physician referral with your nutrition-related medical diagnosis to keep on file. **The superbill does not guarantee reimbursement.**

***Please bring your insurance card to your 1st appointment.**

Call the member services number on the back of your card and ask:

1. Does my plan cover outpatient nutrition counseling? (codes: 97802 for initial visit and 97803 for follow up visits)
 - a. If yes, how many sessions are allowed per year? _____
 - b. Does my plan only cover visits that are "medically necessary?" Or do I have any nutrition counseling benefits covered under the preventative portion of my plan?
 - c. Does my plan re-new by the calendar year? Or policy year? (If yes for policy, what is the policy year?)
2. Are there any limitations on which conditions are covered? (Ask if your specific medical condition or reason for seeing a dietitian is covered.)
3. Do I have a deductible to meet first?
 - a. If yes, how much is your deductible? _____
 - b. How much of the deductible have you already met? _____
4. Do I have a co-pay or co-insurance for outpatient nutrition counseling? _____
5. Do I need a physician referral?
 - a. Note, **if you need a physician referral this must be done prior to our session.** You may need to provide your doctor's office with the information located at the bottom of this page.
6. Is Marsi Markowitz covered under my plan? Provide Marsi's information located at the bottom of this page.
7. If Marsi is not covered, what are my out-of-network nutrition benefits? _____

8. Record the representative's name and a reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim.
 - a. Representative's name _____
 - b. Reference # _____

Marsi Markowitz, RD, CDN
National Provider # 1164898805
Phone: 516-263-6655
Email: marsi@nutritionfromwithin.com