

Mendoza Nutrition Therapy

MEND YOUR RELATIONSHIP WITH FOOD

How to Check Insurance Benefits

This is a guide to help you find out before we meet if you have nutrition counseling benefits and what to expect before we start working together.

At Mendoza Nutrition Therapy, we accept Aetna, Ambetter, Ascension, Blue Cross Blue Shield, Cigna, Dell Medicaid, Humana, Medicaid, Medicare, Multiplan, Oscar, Sana, Sendero Idealcare, Scott & White Health Plan, Superior, Tricare and United Healthcare insurance at this time. If you are contracted with another insurance company we are more than happy to provide you with a superbill (detailed invoice) to submit to your insurance company for reimbursement for our sessions. ***The superbill does not guarantee reimbursement.***

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

1. Does my plan cover nutrition counseling? (CPT codes: 97802, 97803 and s9470)
 - a. If yes, how many how many sessions are allowed?
 - b. Does my plan only cover visits that are “medically necessary”? Or do they also cover preventive services?
 - c. Does my plan cover telehealth services?
2. Do I have a deductible to meet first?
 - a. If yes, how much is my deductible?
 - b. How much of the deductible have I met?
3. Do I have a copay for nutrition counseling?
4. Do I need a referral?
 - a. If yes, you will need to call your doctor’s office and ask for a referral. They will likely need the the RD’s NPI number.
 - Maria Mendoza - 1497180665
 - Rachael Spadafora - 1770156283
 - Stephanie Hammons - 1609465939
5. Write down the representative’s name and a reference number when checking your benefits. This information will be necessary if you ever need to dispute a denied/rejected claim.