



VERIFYING YOUR INSURANCE BENEFITS

The Modern Nutritionist, a Point Modern Nutrition, PLLC company is proud to be paneled with Blue Cross Blue Shield - IL and United Healthcare to help patients get preventive and medical nutrition services covered.

A quick note about utilizing insurance for nutrition services: Often, nutrition services (called Medical Nutrition Therapy or nutrition counseling) are covered; however, BMI/weight codes are needed for these benefits. It is my professional belief that your BMI does not represent who you are as a person nor is it an accurate representation of your health/health status. We are dedicated to providing comprehensive, inclusive, caring and compassionate care to you regardless of body weight, BMI, or size.

Ready to verify your nutrition benefits?

Grab your insurance card and let's take this Step-by-Step

1. Call your insurance member service number using the number found on the back of your insurance card
2. The insurance member you talk to will need the following information:
 - a. Provider/Brianna Mesenbring NPI #: **1922624469**
 - b. Practice/Group NPI #: **1740882059**
3. Ask if you have either **preventive nutrition** and/or **Medical Nutrition Therapy** benefits
 - a. *Ask if you have coverage for the following Procedure codes: **97802** (initial visit) and **97803** (follow ups)*
 - b. *Ask if your policy covers telehealth visits*
 - c. *Ask if the benefits extend to any specific diagnosis code - they should give you which codes are covered.*
 - i. *If you need a code, ask about **z71.3** or **z13.21***
 - d. *Ask if a doctor referral is needed*
 - e. *Ask if there is a limit to # of visits*
 - f. *Ask if your deductible applies*
 - g. *Ask if you would have to pay a copay or coinsurance for each visit*
 - h. **DON'T FORGET TO WRITE DOWN A REFERENCE # FOR THE CALL**

Notes

