



www.eathority.com  
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# Checking Insurance Benefits

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This page will guide you through checking your nutrition counseling benefits to find out if our time together is covered by out-of-network coverage in your insurance plan. Payment will be required upfront regardless of coverage.

Please note Eathority accepts Aetna, Cigna, Emblem, and Oscar insurance at this time. If you are contracted with another insurance company, we are more than happy to provide you with a superbill 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:

- “Does my plan cover **out-of-network** outpatient nutrition counseling sessions?”  
Provide the representative with the following CPT codes: 97802 (initial session) and 97803 (follow-up sessions).
- If no, you will receive no reimbursement for nutrition services.
- If yes,
  - Do I have a deductible to meet first?
    - i. If yes, how much is my deductible?
    - ii. How much of the deductible have I met?
  - Do I have a co-pay for outpatient nutrition counseling?
  - Does the plan cover preventive services (diagnosis code: Z71.3)?
  - If you have a medical condition that requires nutrition therapy, you may ask if that condition is covered. Common diagnosis codes include:
    - Irritable bowel syndrome
    - Eating disorders
    - High cholesterol
    - High blood pressure
    - Pre-diabetes
    - Diabetes
  - How many sessions are allowed per plan or calendar year?
  - Do I have telehealth coverage during COVID-19?
    - i. If yes, until what date? Will I have coverage for telehealth after that date?



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- Do I need a physician referral?
- Record the representative's name and a reference number when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim.