



Checking Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to try and obtain coverage for our services by your insurance plan.

Please note that Erica Leon Nutrition only accepts Aetna, Cigna, and UnitedHealth Insurance at this time. If you're using your Aetna, Cigna, or UnitedHealth insurance policy to cover nutrition therapy, you will need to understand your coverage, including your co-pays, coinsurance and deductible. It is important that you contact your insurance company prior to your first visit, so that we know how to bill you properly.

We are out of network with other insurance companies and we will provide you with a "superbill," to submit directly to insurance. **You will need to pay for your sessions at the time of service**, and any reimbursement will be paid directly to you from your insurance company.

Here's how to ask your insurance company about your OON (out-of-network) benefits: Office information you might need:

Business official name is: **Erica Leon Nutrition LLC**

Our Practice EIN is **46-4553381**

Erica Leon Nutrition Group Practice NPI: **1922769165**

Erica Leon, Single Provider NPI: **1538383203**

1. Call your insurance by using the member services phone number that is (typically) on the back of your insurance card. Ask to speak to the **Benefits Department**.
2. Ask if you have **out-of-network benefits**. Then, ask if insurance covers "**medical nutrition therapy**." You can ask specifically about the procedure codes (CPT codes): **97802** (initial session) and **97803** (follow up session). You can also ask if they cover **S9470** (nutrition counseling code). We typically use **97803**, but are happy to use S9470 if your insurance covers that instead. Ask if Medical Nutrition Therapy (MNT) is a covered out-of-network benefit based on your plan.
3. If there is an MNT benefit, ask if there are any restrictions - like number of visits or diagnoses, and whether or not they cover **Telehealth**.



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4. Also ask if they cover nutrition counseling visits under the **preventative care** portion of my plan. If yes, ask if they cover **ICD-10 code Z71.3** - preventative, general nutrition counseling, and most commonly used by Registered Dietitians. ***You can also ask if they cover a diagnosis based on BMI or family history of heart disease or diabetes.***

5. Ask if you need a referral from a primary care doctor or therapist. Some insurances only cover a medical diagnosis such as eating disorder, hyperlipidemia, hypertension, diabetes, etc. We cannot provide you with a diagnosis code before the initial appointment and before collaborating with your team.

This is NOT a guarantee of coverage but here are the most common ICD-10 codes we use at Erica Leon Nutrition:

- *F50.9: Eating disorder, unspecified (includes atypical anorexia)*
- *F50.2: Bulimia nervosa*
- *F50.81: Binge eating disorder*
- *E11.0: Type 2 diabetes mellitus*
- *E78.00: Hypercholesterolemia*

6. **If you have an eating disorder** (in some situations), it may be possible to obtain a single case agreement. An insurance company considers these when they do not have a specialized eating disorder dietitian (CEDS) in their network. We can work with you to obtain a single case agreement; We require written documentation and information on copay, deductibles and how the insurance company would like to be billed for services. We communicate with the insurance company or provide any notes or recommendations to better guarantee coverage.
7. Please write down the name of the representative you spoke with along with the date and reference number for your call. This information will be necessary if you ever need to dispute a rejected claim.
8. Feel free to contact me at Erica@EricaLeon.com if you have questions about working with your insurance.