

**Steps to verify your Nutrition Coverage** with your insurance company to determine if and or how many nutrition visits you are eligible for.

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### STEP 1

You may need to provide the following information about our Nutrition Practice:

- Provider: Bear Nutrition & Herbs / BNHwellness
- EIN# - 83-1498131
- NPI# - 1891275244



### STEP 2

Information to give to the Representative:

- Your ID#
- Your Full Name
- Your DOB



### STEP 3

Ask for: Credentialing / Providers / Provider's Credentials Department or Representative

Verify the benefits **of each carrier**. What to ask when calling:

1. Get transferred to: **Benefits and Eligibility**
2. Does my insurance plan cover Nutritional counseling?

3. When you reach a representative, say: "I am calling to see if a certain CPT CODE (97802 and 97803) is covered under my plan."
  - a. Is the nutrition counseling considered preventative?
  - b. Is a medical diagnosis needed to be covered under my plan?
    - i. If they ask for a diagnosis code: make sure to have that ready. This can be obtained by your doctor. Or, you can use these common one's: Examples: Obesity: E66.9, Overweight: E66.3, Morbid Obesity: E66.01, Diabetes: E11.65, **General Nutrition: Z71.3**, Eating Disorder: F50.9, High Cholesterol: E78.5
4. How many visits do I have per year?
5. Do I need to reach my deductible first?
6. Will there be a copay?
7. Do I need a referral?
8. Do I need pre-authorization?
9. What percentage of the appointment is covered?
10. Ask the representative for a **reference code and write it down.**  
Keep the reference code for billing.



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#### STEP 4

Schedule your [Initial 60 Minute Visit](#) with [BNH Wellness](#) using our

[BNH Wellness Self Scheduling Link.](#)

Once scheduled, you will receive an email from us with links to fill out your initial paperwork and questionnaires.

We look forward to helping you achieve your health and wellness goals!