

Using Your Insurance

Can I use insurance for my nutrition visits?

Most likely, yes. The majority of health insurance plans cover Medical Nutrition Therapy (MNT) — often at little to no cost to you. Collaborative Nutrition Therapy is in-network with Aetna, Cigna, and UnitedHealthcare, with Anthem Blue Cross Blue shield.

Because every plan is different, we ask that you call your insurance company to verify your benefits before scheduling. It only takes a few minutes and helps make sure there are no surprises.

How to verify your benefits

1. Call the member services number on the back of your insurance card. Let them know you want to see Monika Riley at Collaborative Nutrition Therapy for nutrition counseling.

If they require NPI numbers, provide the following:

- NPI Monika Riley: 1720957178.
- NPI Collaborative Nutrition Therapy: 1487516563

2. Then ask the following questions:

1. Do I have nutrition counseling or Medical Nutrition Therapy (MNT) benefits?
- If they ask for CPT codes, provide: **97802 and 97803**
- If they say those aren't covered, also ask about: **99401, 99402, 99403, and 99404**

3. Will my condition be covered?

- If they ask for a diagnosis code, provide: **Z71.3**
- If that isn't covered, also ask about: **Z72.4**
- If you have a specific condition such as IBS, diabetes, high cholesterol, hypertension, or prediabetes, ask whether your visits can be covered under that diagnosis as well.

4. How many visits are covered per calendar year?

- This varies by plan — some cover a set number, others cover based on medical need.

5. Do I have a cost-share?

- Ask whether you have a deductible, co-pay, or co-insurance that applies to nutrition visits.
- Also ask whether your plan covers nutrition under **preventive benefits** — if so, there is often no cost-share at all.

6. Do I need a referral or prior authorization?

- Some plans require a referral from your primary care provider before your first visit.

What if my insurance doesn't cover nutrition visits?

If your plan doesn't include nutrition benefits, self-pay options are available:

- Initial visit (60 min): \$200
- Follow-up visits (30 min): \$75
- Extended follow-up visits (45 minutes) \$100

We accept all major credit cards and HSA/FSA cards.

Ready to get started?

Once you've verified your benefits, [schedule a free 15-minute call](#) to get started — or reach out at referrals@collaborativenutritionct.com with any questions.