



Diana Dugan Richards RDN LDN
www.NamasteNutrition.net
dianaduganrichards@gmail.com
(617) 678-0607

Working with insurance companies can be overwhelming and frustrating; as such, we ask you to contact your health insurance company to determine your coverage for nutrition counseling. This script will be helpful in determining if our time together is covered by your insurance plan.

Please complete each step and return this document prior to your first appointment.

Primary Insurance & Address:	Policy #:	Group #:
Policy Holder Name:	Date of Birth:	Relationship to Policy Holder:

Steps to take PRIOR to your appointment:

Call the member services number on the back of your card and ask these questions related to your coverage. Inform them you are calling about nutrition counseling and give them the diagnosis if you have one (i.e., high cholesterol, diabetes, eating disorder):

- a. Does my plan cover outpatient nutrition counseling? Yes ___ No ___
— If yes, how many sessions are allowed for *preventive counseling*? _____
— If yes, how many sessions are allowed for *medically necessary*? _____
- b. Do I have a deductible? Yes ___ No ___ If yes, how much? _____
- c. Do I need a physician referral? Yes ___ No ___ Please obtain your PCP referral at least one week prior to session.
The NPI number needed is at the bottom of this form.

If you subscribe to **Harvard Pilgrim Health Plan**, please obtain a **physician's order** (*different than a referral*) for medical nutrition therapy from your Primary Care Physician and fax it to 603-421-9532 or 888-286-2455.

- d. What is my co-pay for outpatient nutrition counseling? \$ _____ (Dietitians are sometimes seen as a "specialist." Your co-pay may be different than what is listed on your card.)

My signature certifies that I have read and completed this form to the best of my ability. I understand that if insurance denies coverage for a nutrition counseling session with Diana Dugan Richards, I am responsible for 100% of the payment.

Signature: _____ Date: _____

Diana Dugan Richards accepts *Harvard Pilgrim* and *Allways* health insurance plans as payment options. If you are contracted with another insurance company, a paid receipt can be provided for submission to your insurance company for potential out-of-network reimbursement for our sessions (*please ask about these when you call*). **The paid invoice does not guarantee reimbursement.**