

## Insurance Coverage

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### Will My Insurance Cover These Consultations?

Our services are covered by many major health insurance providers. However, each contract varies depending upon the agreement with your employer. It is your responsibility to contact your insurance company to determine if nutrition services are covered. If you do not have these benefits, talk to your employer's benefits department to get medical nutrition therapy covered as a benefit.

Please review our guide to current insurance coverage requirements.

### Insurance Details

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Insurance	Referral Needed	Medically Necessary	Comments
BC/BS Carefirst		✓	Usually covers only Diabetes
BC/BS National Account		✓	Usually covers only Diabetes
BC/BS Blue Choice	✓	✓	
BC/BS Blue Choice Open Acces		✓	
BC/BS Blue Choice PPO		✓	
BC/BS Federal Employee Program		✓	Will cover 6 visits per year
Cigna HMO	✓	✓	Will cover 3 visits per year
Cigna PPO		✓	Will cover 3 visits per year
Medicare	✓	✓	Will cover 3 visits per year, only covers Diabetes

#### NOTES:

(1) Weight loss will not be covered by insurance unless it is a **Blue Cross Blue Shield Federal Employee Plan**. We provide discounted packages to keep counseling affordable.

(2) Any other plan than a **Blue Cross Blue Shield Federal Employee Plan** requires the patient to pay a **\$175 insurance deposit** which will be reimbursed if the insurance company pays the insurance claim. In the case that an insurance company denies the claim, the deposit can be used towards a Self Pay Package.

(3) Clients with eating disorders require additional services which are not typically covered by health insurance.