



Checking Insurance Benefits

This page will guide you through checking your nutrition counseling benefits to ensure that our time together is covered by your insurance plan.

Please note that Luminary Nutrition accepts Blue Cross Blue Shield of Texas, Aetna, and United Healthcare insurance at this time. If you are contracted with another insurance company we are more than happy to provide you with a superbill to submit to your insurance company for possible reimbursement for our sessions. ***The superbill does not guarantee reimbursement.***

*Not all insurance plans cover virtual sessions. If you are interested in insurance coverage for virtual sessions, please include the question on 1c when speaking with your insurance company.

Call the member services number on the back of your card and ask:

1. Does my plan cover outpatient nutrition counseling? (codes: 97802 and 97803)
 - a. If yes, how many sessions are allowed?
 - b. Does my plan only cover visits that are “medically necessary”? or do they also cover preventive services? (code: Z71.3)
 - c. *Does my plan cover telehealth for medical nutrition therapy? (location code: 02, interactive audio and video)
2. Do I have a deductible to meet first?
 - a. If yes, how much is your deductible?
 - b. How much of the deductible have you met?
3. Do I have a copay for outpatient nutrition counseling?
4. Do I need a physician referral?
5. Could you repeat your name and provide me with a reference number?

Record the representative’s name and a reference # when checking your benefits. This information will be necessary if you ever need to dispute a rejected claim.