

Adina Pearson Nutrition

Food Peace - Food Joy - Food Freedom

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 Adina Pearson Nutrition only accepts Regence, Uniform, Premera, Lifewise, Aetna, and Kaiser 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 reimbursement for our sessions. ***The superbill does not guarantee reimbursement.***

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)

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? If so, how much is it?

4. Do I need a physician referral or prior authorization?

5. 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.

**If you are checking about group classes, the code is 97804*