



**BEFORE YOUR FIRST APPOINTMENT, PLEASE CALL YOUR INSURANCE COMPANY AND ASK THE FOLLOWING QUESTIONS:**

- **Is Gwen Johnson, RD, LDN (NPI 1245823434) an approved provider under my plan?**
- **Is Nutrition Counseling a covered benefit under my plan?**  
{you can provide the following nutrition procedure codes: “CPT Codes” are 97802 and 97803}
- **Do I have preventative nutrition counseling coverage under my plan, (ask if the code Z71.3 (Dietary Counseling and Surveillance) is covered, (Harvard Pilgrim\* members ask for code Z72.4)**
- **Do I need a referral or order from my MD?** (If yes, request a referral from your MD’s office to be placed in the insurance portal to Gwen Johnson, RD NPI # 1245823434 and have them fax a copy of the referral to Gwen at 978-268-5210.)
- \*NOTE all Harvard Pilgrim Plans require an MD order faxed to Gwen Johnson with diagnosis code of Z72.4
- **Is Nutrition Counseling covered when provided via telehealth?**
- **How many sessions are allowed per calendar year?**
- **Do I have a deductible\*\* to meet before insurance pays? If so, is the deductible waived for preventive nutrition therapy?**
- \*\*If you must pay down a deductible first, I will require payment first from you and I will also bill your insurance for session(s) so your payments can be applied towards your deductible.
- **Will I have a copay?**  
I am considered a specialist for most insurances; therefore, your specialist copay may apply. I will wait however, until after the claim is processed to determine if your copay is required. At that time if required, I will charge your credit card on file with your copay amount. You will be notified via email for any charges above \$50.

• **Write down the date and reference number for your call for future reference.**

Following these steps will help ensure you get the most out of your health insurance benefits!

Thank you,  
Gwen Johnson, RD, LDN  
phone: (978) 257-3962  
fax: (978) 268-5210