



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

- ***Is Nutrition Counseling a covered benefit under my plan?***
{you can provide the following nutrition procedure codes if needed: “CPT Codes” are 97802 and 97803}
 - ***Do I have preventative nutrition coverage under my plan, (can ask if the code Z71.3 (Dietary Counseling and Surveillance) is covered, or is a medical diagnosis* required?***
 - *If a medical diagnosis is required, have your physician FAX pertinent office visit notes, lab-work, medications, and your diagnosis code(s) “ICD-10 code” on a referral form to: (978) 268-5210. (Can utilize my referral form on my website)
 - If fax is not available, referrals can be mailed to:
Gwen Johnson
25 Ashley Street
Pepperell, MA 01463
 - ***Do I need a referral from by MD?*** (If yes, please follow referral instructions above)
 - ***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.
 - ***Is Gwen Johnson, RD, LDN (NPI 1245823434) covered under my plan?***
 - ***If not, what are the Out-of-Network nutrition benefits?***
- 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