Dr. Teresa Pangan

Insurance Coverage Checklist

Collect the following information before calling your insurance representative:

Insurance Plan: _____

Member ID Number: _____

Group ID Number: _____

At the beginning of the call, document the following for your records:
Date: _____ Time: _____ Representative Name: _____

Questions to ask (or verify) with your insurance representative:

1. Ask the representative if preventative nutrition counseling or medical nutrition therapy is covered under your insurance. Yes ☐ No ☐

2. What is my policy type? PPO HMO Other:_____

3. What is my benefits period? Dates: _____to _____

4. Are the following CPT codes covered? 97802 ☐ (initial visit) 97803 ☐ (follow-up visit)
   If neither CPT code is covered, then ask if these CPT codes are covered: 99401 – 99404 ☐

5. Ask the representative if the following diagnostic code, also known as an ICD 10 code is covered: Z71.3 Yes ☐ No ☐

6. If no to question 5, ask what diagnoses or diagnostic codes are covered under your plan (cardiovascular, diabetes, obesity, etc). If you have one of the diagnoses, we will need a direct referral from your doctor with the applicable ICD 10 code for that diagnosis.
   _____

   _____

7. Is a physician referral needed? Yes ☐ No ☐
   If a referral is needed, be sure to ask your insurance company if there are specific diagnoses (overweight, obesity, diabetes, high blood pressure, etc) that are required in order to have coverage for sessions. If so, I will need a referral from your doctor BEFORE your first visit. It can be faxed to me at (855) 344-4352.

8. Are telehealth services covered? Yes ☐ No ☐

9. How many visits are covered per calendar year? Number will be 0 to unlimited: _____

10. If seeing a dietitian, am I responsible for a deductible?* Yes ☐ No ☐

11. If seeing a dietitian, am I responsible for a copay? Yes ☐ No ☐ If so, how much? _____

12. Ask the representative for a reference number for the call: _____

* I will provide you with the appropriate documentation to submit to your insurance company to show receipt of the services. This will allow you to "pay down" your deductible.

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