

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 Simply You Nutrition, PLLC is a medical provider and only accepts Aetna, BlueCross BlueShield of Oklahoma, Cigna, HealthChoice, SoonerCare (Medicaid), and UnitedHealthCare insurance at this time. To ensure provider coverage, please check for Sydney Caveró-Egúsquiza in your plan's list of approved providers. To ensure insurance coverage and confirm details of your plan's coverage, please call your insurance company and utilize the guide below. ***My being an in-network provider with your insurance does not guarantee coverage by your specific plan.***

If you are contracted with another insurance company, I am more than happy to provide you with a superbill to submit to your insurance company with their claim form for reimbursement for our sessions. ***The superbill does not guarantee reimbursement.***

Call the member services number on the back of your insurance card and ask the following questions regarding your MEDICAL benefits and coverage:

1. Does my plan cover outpatient nutrition therapy/nutrition counseling (CPT codes 97802 and 97803)?
 - a. Is there a limit on number of allowed visits or units?
 - b. If yes, what are the limits?
2. Does my plan only cover "medically necessary" visits, or do they also allow and cover preventative services as a primary diagnosis (ICD-10 code Z71.3)?
3. Are telehealth visits covered?
4. Do I have a deductible to meet first?
 - a. If yes, how much is it?
 - b. If yes, how much have I met?
5. Do I have a copay or co-insurance for outpatient nutrition therapy/nutrition counseling?
 - a. If yes, how much is it?
6. Do I need a physician referral?
7. Please record the representative's name and a reference number when checking your benefits (this information will be necessary if you ever need to dispute a rejected claim).