



Courage to Nourish Step-By-Step Insurance Guide

Here's how to ask your insurance company about your OON (out-of-network) benefits:

Office information you might need:

Business official name is: Courage to Nourish Nutrition, LLC

EIN: 84-4102715

Practice NPI: 1922617141

1. Call your insurance by using the member services phone number that is (typically) on the back of your insurance card.
2. Insurance often prompts you to say why you are calling. You will want to speak with the benefits department.
3. Ask if you have out-of-network benefits. Then, ask if insurance covers "medical nutrition therapy." You can ask specifically about the procedure codes (CPT codes): **97802** (initial session) and **97803** (follow up session). You can also ask if they cover **S9470** (nutrition counseling code). We typically use **97803**, but are happy to use S9470 if your insurance covers that instead. Ask if Medical Nutrition Therapy (MNT) is a covered out-of-network benefit based on your plan.
4. If there is an MNT benefit, ask if there are any restrictions - like number of visits or diagnoses.

Please note: Coverage is often based on the "diagnosis code." We cannot provide you with a diagnosis code before the initial appointment and before collaborating with your team. However, if you have been diagnosed with an eating disorder or a nutrition condition (like diabetes, high blood pressure, IBS...etc), you can ask the clinician who provided you with that diagnosis for the ICD 10 code. Then, you can ask your insurance about coverage for that specific code.

We are also happy to communicate with the insurance company or provide any notes or recommendations to better guarantee coverage.

There are companies that assist with the reimbursement process. If you're looking for assistance, check out [Reimbursify](#). Courage to Nourish does not receive compensation from Reimbursify and we are not affiliated with them. Regardless of intentions to submit for OON reimbursement, we ask clients to provide payment of our full fee at the time of the appointment. We are happy to answer any questions! [Contact us](#) for more information.