



ROCHESTER CENTER FOR BEHAVIORAL MEDICINE

Medical Nutrition Therapy Policies and Procedures

The Rochester Center for Behavioral Medicine (RCBM) offers Medical Nutrition Therapy (MNT), with our Registered Dietitian, for a variety of health concerns. MNT is a beneficial adjunct to medication management and psychotherapy and includes:

- FOOD & EATING BEHAVIORS ASSESSMENT
- NUTRITION & HEALTH HISTORY
- MEAL & NUTRITION CARE PLANNING
- COLLABORATION WITH CLINICIANS INVOLVED IN YOUR CARE

In our experience, most health plans have a Medical Nutrition Therapy benefit. Beverly Price, RD, is happy to answer any of questions regarding your insurance coverage, or you can contact your health plan directly. Some health plans have visit limits for MNT, but offer benefits for additional nutrition services, called Intensive Behavioral Therapy for Obesity Counseling (IBT).

Nutrition services are billed on the medical side of your policy. Michigan Registered Dietitians are not paneled with health plans, and therefore nutrition services are required to be billed under the medical doctor. Based on your respective health plan, RCBM bills according to your plan requirement. Some plans cover a preventive diagnosis, while others require a treatment diagnosis.

When checking your own benefits, please ask the following:

- Do I have a benefit for CPT code 97802 and 97803 (Medical Nutrition Therapy)
- If so, do I have a visit limit?
- Do you cover dietary surveillance or is a medical diagnosis required?
- If a medical diagnosis is required, what diagnoses are covered?
- Are there any diagnoses that are not covered?
- When I have exhausted my visits, do I have a benefit for G0447 and if so, how many visits are allowed?

Please keep in mind that the IBT services are brief visits of 15 minutes each, for private health plans.

Please also note that Medicare, Medicare Advantage and Medicare Plus Blue only cover diabetes and renal disease under MNT, with a visit limit of three per year. These policies do offer the IBT

benefit, which may be used if you do not have diabetes or renal disease, or as a continuation of services if you do have these conditions. For Medicare, IBT services are approved at 30 minutes each. If you are not a patient of RCBM, you **must obtain a written referral** from your treating physician for MNT services **along with your diagnosis** and provide to us upon pre-registration.

If your health plan has visit limits for MNT and you wish to continue these services, or if your policy does not include an MNT benefit, our clinic offers a cash rates as follows:

- Initial Assessment: \$195.00
- Full hour MNT: \$175.00
- Pre-paid package rate for 5 follow-up sessions of \$795 (10% savings)

All additional RCBM Policies and Procedures apply to Medical Nutrition Therapy services

I have reviewed and understand these policies.

Signature of patient or guardian

Date

Patient Name