

## Guide to Verifying Insurance

Nourishing Bits and Bites, LLC is an "in network" provider with Aetna, Blue Cross Blue Shield, Mass General Brigham, and Harvard Pilgrim.

Benefits for nutrition counselling may vary based upon your individual insurance plan. The questions below may help you verify your benefits, but they are not a guarantee of coverage. To note, calls to insurance can take a long time. Be prepared to wait on hold.

When you call, please be sure to have the following ready:

- Your name and date of birth.
- Name and date of birth of policyholder if you are not the policyholder (i.e. if you are on your parent or spouses' insurance plan)
- Your insurance Member ID Number
- Your insurance Group Number

Make sure to ask for a call reference number.

You will need the practice details below for accurate information.

**Provider Name / NPI** Rebecca Toutant, MA, RD, CSSD, LDN, CEDS, CDCES, cPT  
*Registered Dietitian, Certified Specialist Sports Dietetics, Certified Eating Disorder Specialist, Certified Diabetes Care & Education Specialist, Personal Trainer*  
NPI for Rebecca - 1235379397

### Practice Details

**Practice Name / NPI** Nourishing Bits & Bites, LLC  
Type 2 NPI for practice - 1124701552

**Address** 25 Walnut St # 300, Wellesley, MA 02481

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Nutrition and movement that works **with** the mind and body

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Date of call \_\_\_\_\_ Call reference number \_\_\_\_\_

1. Is Nourishing Bits and Bites, LLC an **in-network provider** with my plan? If not, what are my **out-of-network** benefits?
2. Does my plan cover the following outpatient nutrition therapy billing (CPT) codes? *These are: 97802 (Medical Nutrition Therapy Assessment) ; 97803 (Medical Nutrition Therapy Follow-Up)*
3. Are nutrition counselling benefits covered under **preventative** or **medical** coverage? Are there any **diagnosis codes** that are (or are not) covered?
4. Do I have coverage for services provided via **telehealth**?
5. Do I need a **referral** or prior **authorization**?
6. Do I have a **co-pay** for each visit? If so, how much is my co-pay?
7. Does my **deductible** apply? If so, how much is my deductible? How much of my deductible has been met so far this year? Do I have coinsurance? If so, what percentage am I responsible for?
8. Do I have any **session limits** or max? If so, how many sessions do I have remaining?
9. Do I have a **maximum benefit** limit per year?
10. Anything else to know?

**Plan to share these details with your provider to help with billing.**

**While the practice does its best to support coverage, it is your responsibility to know your insurance policy and limitations.**