

Insurance Benefits Checklist

Nutrition Counseling & Medical Nutrition Therapy

Before you call: Have your insurance card ready and call the Member Services number on the back. Benefits vary by plan, so ask the representative to confirm coverage for your specific policy.

Call Details

Insurance Company: _____

Date of Call: _____

Representative's Name: _____

Reference Number: _____

Start With These Questions

- ☐ Does my plan cover nutrition counseling or Medical Nutrition Therapy (MNT)?
- ☐ Is Cathy Snyder / Cathy Snyder Wellness in network with my specific plan?
- ☐ Do I need a referral, prior authorization, or other medical documentation?
- ☐ Are nutrition counseling visits covered by telehealth?

Ask About Both Types of Benefits

Some plans handle preventive nutrition services and medical MNT differently, so ask about each.

Question	Preventive Nutrition	Medical MNT
Is this benefit covered?	☐ Yes ☐ No	☐ Yes ☐ No
Are specific diagnoses or eligibility criteria required?	_____	_____
How many visits or units are covered per year?	_____	_____
Does a deductible apply?	☐ Yes ☐ No \$ _____	☐ Yes ☐ No \$ _____
Copay per visit?	\$ _____	\$ _____
Coinsurance?	_____ %	_____ %

Notes From Your Call

Important: A benefits quote is not a guarantee of payment. Your insurance company makes the final coverage decision after a claim is processed. Keep the representative's name, call date, and reference number with your records.