



| Insurance Script

We understand that working with insurance can seem overwhelming and at times frustrating or tricky. Unfortunately, many insurance companies do not have detailed nutrition coverage benefits listed under their in-network provider section. The purpose of this script is to give you guidance in navigating the insurance process and to ensure that our time together is covered by your insurance plan since it is your responsibility to know your nutrition coverage including any charges that are not covered by your insurance company.

While we are an in-network provider with many insurance companies and plans, it is important to understand that every plan is different and has different in-network benefits because nutrition is typically considered a specialty even if you have comprehensive health coverage.

All insurance claim billing is billed under the practice. That means the following dietitians bill under Adiana Castro OR Nikita Kapur.

- Adiana Castro
- Erika Jacobson
- Julianka Bell
- Darlene Regueiro
- Nikita Kapur
- Laura Kahn
- Patricia Pauyo
- Melissa Sirolli

When verifying your insurance, check to see if at least Adiana Castro or Nikita Kapur is in-network with your insurance company.

We strongly recommend that you complete this form before your initial appointment.

Your Full Name: _____

Gather the information below PRIOR to your first appointment:

Insurance Company	Insurance ID Number	Date of Birth



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Step 1: Look at page 3 and find the code that matches your reason for your appointment: write the code(s) here: _____

Step 2: Call the member services number on the back of your card

Step 3: Does my plan cover nutrition counseling for the following CPT codes: 97802, 97803 Yes or No

If yes, how many appointments or hours are allowed per plan year?

3 Appointments 3 Hours Unlimited Other _____

Step 4: Does my plan cover diagnosis code(s) (**look up to Step 1**) with CPT codes 97802, 97803?

- o Do I need a referral, prior authorization, or pre-determination letter prior to my appointment? Yes or No

Step 5: If the representative says your plan is covered with preventative only, ask them if the diagnosis code (**look up to Step 1**) is considered preventative with CPT code 97802 and 97803?

If no, your plan may not allow coverage

Step 6: Do I have a deductible to meet first? Yes or No

o If yes, how much? _____

Step 7: What is my co-pay? _____

Step 8: Ask for the name of the representative: _____

Ask for the reference number for this phone call: _____

Mark the date and time: _____

Please bring this filled out script to your first appointment.

Thank You



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REASON FOR VISIT	VISIT CODE
Allergy Nutrition Consultation	Z71.3
Breast Feeding Nutrition Consultation	Z71.3
Diabetes (Type 1) Consultation	E10.9, Z71.3
Diabetes (Type 2) Consultation	E11.9, Z71.3
Digestive Problem Consultation	Z71.3
Eating Disorder Nutrition Consultation	F50.9, Z71.3
Irritable Bowel Disease (IBD) Diet Consultation	K58.9, Z71.3
Infertility Nutrition Consultation	Z71.3
Irritable Bowel Syndrome (IBS) Consultation	K58.0, Z71.3
General Nutrition and Wellness Consultation	Z71.3
Heart Health Consultation	Z71.3
High Blood Pressure Diet Consultation	R03.0, Z71.3
High Cholesterol/Lipids Consultation	E78.0, Z71.3
Kidney Health Diet Consultation	N28.9, Z71.3
Liver Diet Health Consultation	Z71.3
Pregnancy Nutrition Consultation	Z71.3
Reflux/Heartburn Diet Consultation	Z71.3
Sports Nutrition Consultation	Z71.3
Underweight Nutrition Consultation	R63.6, Z71.3
Weight Loss Consultation	E66.3, E66.9, E66.01, Z71.3



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National Provider Identifier Number (NPI)	
Adiana Castro	1831495258
Nikita Kapur	1760748875
In-Network Insurance Provider Numbers	
Aetna	
Adiana Castro	0009718627
Nikita Kapur	0009285840
BlueCross BlueShield	
Adiana Castro	1831495258
Nikita Kapur	1760748875
Cigna	
Adiana Castro	462195585 0004
Nikita Kapur	462195585 0006
Emblem Health	
Adiana Castro	1224488P
Nikita Kapur	1025198P
GHI	
Adiana Castro	3483326
Nikita Kapur	3483530
HIP	
Adiana Castro	007095
Nikita Kapur	PNJ435353
Medicare	
Adiana Castro	PTAN A400119099
Nikita Kapur	PTAN A400106921
Oxford (Freedom Plan Only)	
Adiana Castro	P4525043
Nikita Kapur	P4954870
United HealthCare	
Adiana Castro	1831495258
Nikita Kapur	1760748875