

For Medicare patients  
(Includes Medicare Advantage & Medicare Supplement plans)

MEDICARE PART B:

- Nutrition counseling is **ONLY** covered with a diagnosis of **diabetes, pre-dialysis kidney disease (CKD), or 36 months post kidney transplant. Medicare does NOT cover pre-diabetes or any other diagnoses.**
- Medicare limits the amount of nutrition therapy to 3 hours for the first calendar year, whether it was provided by us, another dietitian or a combination of both. Medicare limits the amount of nutrition therapy to 2 hours for subsequent calendar years. Additional unlimited visits are covered after that when there is any change in your condition and your doctor sends us a new referral.
- We will request a referral from your Medicare doctor (MD or DO) once you decide to use our services (and a new one must be obtained each calendar year). <https://www.medicare.gov/coverage/medical-nutrition-therapy-services>
- Telehealth will be covered until December 31st, 2024.

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SELF -PAY RATES:

If Medicare patients don't have the above diagnosis (diabetes and renal conditions), we have self-pay options:

1. Pay as you go, per visit: = **\$125** (due after every visit)
2. Package rates: (used within the next 6 months from the first visit; bundled visit payment is due right after your FIRST visit):
  - 4-visit package- \$399 ← **BEST VALUE for 4 visits** (\$99.75 each)
  - OR
  - 6-visit package - \$552 ← **Best value for 6 visits** (around \$92 each)
  - OR
  - 8- visit package- \$720 ← **Best value for 8 visits** (around \$90 each)

**"Add-ons 2 visits"** after any bundled option- \$188 (\$94 each);

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MEDICARE ADVANTAGE PLANS (a.k.a. Medicare Part C):

- These are plans offered through private insurance companies.
- Medicare Advantage Plans generally have the same coverage requirements and limits as Medicare part B, but there is possibility for additional coverage; you may call your insurance and find out.
- Referrals are still required.

- Our in-network insurance partners are Aetna, BlueCross BlueShield, Medica, HealthPartners, United Healthcare, UMR, Aetna/FirstHealth Network, Sanford Health, MultiPlan, and Medicaid.

**MEDICARE SUPPLEMENT PLANS (a.k.a. MediGap):**

- These plans don't provide any additional benefits beyond straight Medicare. If straight Medicare won't cover it, a Medicare Supplement won't either. These plans only help cover copays, which don't apply to nutrition counseling.

**We are NOT specialist on Medicare and there is NO copay with the above conditions.**

For patients doing Diabetes Self-Management Training (aka DSMT): If you have diabetes, you may also be eligible for DSMT, **along with one-on-one visit with us for nutrition counseling** (aka MNT) **IF it's NOT on the same day** (please keep this in mind when scheduling nutrition counseling appointment)