

For Medicare patients (2025)
(Includes Medicare Advantage & Medicare Supplement plans)

MEDICARE PART B:

- Nutrition counseling is covered **ONLY** 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 diagnosis**.
- Telehealth is covered

SELF -PAY RATES: No Medicare / insurance involvement

(We offer **significantly discounted rates** for our valued senior community aka Medicare patients, providing more affordable options compared to our competitors.)

All visits are 60 minutes each.

1. Pay as you go, per visit: = **\$125** (due after every visit)
2. **Package rates:** (used within **4 months** from the first visit; bundled visit payment is due right after your FIRST visit):
 - 3-visit package- **\$349** ← **BEST VALUE for 3 visits** (around \$116 each)
 - "Add-ons 2 visits** bundle" after any bundled option- \$190 (\$95 each)

FAQs :When using Medicare

- 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 (status change) and your doctor sends us a new referral.
- We request a referral from your Medicare doctor (MD or DO) – regular paperwork.

<https://www.medicare.gov/coverage/medical-nutrition-therapy-services>

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.

Dietitians are NOT specialist on Medicare and there is NO copays

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)