

**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.

Self-pay rates: **We offer 10% discount on our self-pay rates for Medicare clients.**

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)