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Dear New Patient,

Thank you for scheduling an appointment with me. The following information covers some frequently asked questions about nutrition counseling services with me.

Fees: The fees for nutrition counseling are: \$180/hour, \$135/45-minute visit, \$90/half hour, \$45/15-minute visit, \$225/75-minute visit and \$270/90-minute visit. Ideally, the first visit needs to be 60 to 90 minutes. Follow-up visits can be shorter. With established patients, 15-minute follow-up visits are available.

Payment: Please be prepared to **pay at the time of service** or to discuss a payment arrangement with me. I accept checks or cash (no credit cards, sorry.) I bill for Medicare, Aetna, Anthem, Blue Cross, Meritage & other insurances. Other claims can be submitted directly by you.

Insurance Coverage: Some insurance companies do cover nutrition counseling. Some do not. It usually depends on what your diagnosis is. The only way for you to know for sure is to call your insurance company and ask them if it will cover you for your specific diagnosis. Keep a note of the person you speak with on the phone.

Even if your doctor referred you, you will need to check with your insurance company to know for sure. If you have an insurance plan managed by "Meritage Medical Network," you will need to be **pre-approved** for visits to see me. This would include Meritage Blue Cross HMO, Meritage Cigna HMO, Meritage Health Net HMO and other Meritage insurances. I am an Aetna provider, for Aetna HMO and PPO plans, Anthem BlueCross, Blue Shield, Cigna, and some others, but check with your insurance first for your specific diagnosis. This list is always changing, so check with me and/or your insurance carrier for coverage questions.

Medicare covers visits—but only if you have **diabetes** or **pre-end stage kidney disease**—there are no exceptions—it is Medicare's rule. Medicare will not cover **pre-diabetes**. "**Medicare Advantage**" plans cover the same diagnoses as Medicare but usually require pre-approval. No other medical problems, no matter how serious, are covered by Medicare or secondary insurance—even if your doctor referred you to me.

Prior to First Visit: Please fill out the attached simple questionnaires and bring them with you to your first visit. They will help me gather information about your eating habits. Please feel free to ask me your questions and to bring anyone with you to the visit.

Cancellations: If for any reason you need to cancel or change an appointment, please give me at least 24-hours notice. I reserve the right to bill you for late cancellations and missed visits.

I look forward to meeting and working with you.
Most sincerely,

Ann Del Tredici

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