

Reidenbach Nutrition, LLC

Ann Reidenbach, MPH, RD, CD
3142 Mallard Cove Lane
Fort Wayne, IN 46804-2882
Phone: 260.433.3877 Fax: 260.755.5731
Ann@ReidenbachNutrition.com

Welcome!

You have been scheduled for an appointment with me, Ann Reidenbach, MPH, RD, CD, to address nutritional concerns and/or problem eating behaviors. We will address not only what you eat, but also how you think and feel about food and your body. I will strive to understand your needs, preferences, and goals in order to offer realistic and personalized solutions for your nutrition and health concerns. I look forward to providing you services I believe you will find helpful.

You have probably been referred by your primary care physician, therapist or other health professional for nutrition counseling. Insurance companies use the term “medical nutrition therapy” for what most clients know as “nutrition counseling”. If you wish to submit claims to your insurance, the information that follows will help you understand what steps are **important for you to take** in seeking insurance coverage for medical nutrition therapy (MNT). I have discovered over the years that the following steps are needed to quickly identify insurance coverage and to properly submit claims.

1. If medical nutrition therapy is covered it is under your **medical coverage**. Therefore, it is important to call or see your **primary care physician** prior to your appointment with me:
 - a. Request from your physician a written referral. This referral is often written on a prescription note. The physician needs to write “referral for medical nutrition therapy” and identify the medical diagnosis and the diagnostic code (ICD-9) for which MNT is being ordered.
 - b. This written referral establishes that the physician sees MNT as an important aspect of treatment. **Please bring the written referral for medical nutrition therapy from your primary care physician with a medical diagnosis to your first appointment with me.**
2. Contact the benefits coordinator of your health insurance company. Report to them that MNT has been ordered by your physician and inquire if this service is covered by your current health insurance contract. You will need to also inform the benefits coordinator of the physician’s diagnosis as MNT may be covered for one disease state, but not for another. For example, MNT for diabetes may be covered, but MNT for anorexia nervosa may not be covered. **Please see and complete the Insurance Script to provide additional guidance in obtaining information from your insurance company.**
3. If MNT is a covered service, request information on how you are to submit the service for reimbursement from your insurance company. Reidenbach Nutrition, LLC will provide you with an invoice or superbill after each counseling session with information your insurance company will need to process your claim and initiate the reimbursement process. You will submit this information to your health insurance company according to their instructions to you. The insurance company will reimburse you.
4. Fees for my services will be collected from you at the beginning of each of our sessions.

If you *do not have* health insurance that covers medical nutrition therapy, or if you *do not wish* to submit claims to your insurance, my current fees are \$100.00 for the one hour initial assessment session, \$90.00 for each one hour follow-up sessions and \$45.00 for each ½ hour follow up sessions. To assist you in budgeting for this service, a minimum of 4 sessions is advised to establish goals and outline/implement treatment. Many clients schedule 4-10 sessions with me over a several month period of time.

I have included in this package the initial paperwork need to begin MNT. This initial paperwork is also on my website at <http://www.reidenbachnutrition.com>. ***Please bring the completed paperwork to your first session with me so our first session can focus on assessing your needs and discussing possible treatment strategies.***

I hope you find this information helpful. Please call or email me if you have additional questions or need any clarification.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ann', written in a cursive style.

Ann Reidenbach, MPH, RD, CD
Nutrition Therapist