



Insurance Rates and Fees

Medical Nutrition Therapy	Out-of-Pocket	Insurance Rate
Initial Consult – 50 minutes	\$150	\$240
Follow Up – 30 minutes	\$90	\$150

Verifying Your Insurance Benefits

Please contact your insurance to verify your nutrition benefits *before* your appointment. Recommended questions to ask your insurance company:

- Do I have coverage for nutrition counseling – CPT codes 97802 and 97803?
- Are there any limitations or required diagnoses for nutrition counseling?
- Is a doctor’s referral required?
- Are virtual telehealth appointments covered?
- Do I have coverage for preventative care – Z code Z 71.3?
- Is there a co-pay for nutrition counseling? If so, how much?
- Is Carly Knowles, NPI# 1710388004, covered under my insurance plan? If not, what are my out-of-network benefits?

Carly is currently working to get credentialed with multiple insurance companies in Oregon and Washington and will keep you updated on any changes. For now, she will provide you with an electronic superbill that you can submit to your insurance company for full or partial reimbursement. Please contact her if you have any further questions.

