



Nourish is **out of network** with all insurance providers and will give you a superbill that **you can submit** to your provider for possible reimbursement.

You can submit these superbills directly to your insurance provider, **or** use an app to coordinate submission for you.

The app that we suggest is Better ([getbetter.co/app](http://getbetter.co/app)). With this app, you'll simply take the superbill provided by Nourish, take a photo, upload to the app, and they will take care of the claim submission. Better charges 10% of the money you get back. any claims applied to your deductible or not paid by your insurance are processed for free.

If you want to check insurance benefits prior to submitting your superbill, you likely will use the following codes (please contact Meg at [meg@nourishis.com](mailto:meg@nourishis.com) for any additional codes that might apply to you):

CPT Codes for Medical Nutrition Therapy:

Initial Visit: 97802

Follow Up Visit: 97803

Diagnosis Code: Z71.3: Dietary Counseling and Surveillance

If you have any questions, please let me know at 847.461.3321 or [meg@nourishis.com](mailto:meg@nourishis.com).

Sincerely,

A handwritten signature in black ink, appearing to read "Meg", is written over a light gray background.