

Information for Interest in Nutrition Counseling and Medical Nutrition Therapy

Courtney Rinehold RDN, CDN, CLT is a Registered & Certified Dietitian/Nutritionist & Certified LEAP Therapist with RINEHOLD Nutrition Services LLC and the Fertility & Midwifery Care Center.

As a Registered Dietitian/Nutritionist she combines her traditional medical background with a holistic approach, using real food, to help heal the whole person.

As a Certified LEAP Therapist (CLT) she is trained to help clients suffering from non-IgE food sensitivities, often seen in hard to treat symptoms like irritable bowel syndrome, migraines, fibromyalgia, arthritis, and other chronic inflammatory conditions. The MRT testing & LEAP protocol also have great success with arthritis/joint pain, acne, fatigue/energy issues, ADD, ADHD, autism, challenging weight loss, infertility, PCOS, diabetes, and more.

If you are interested in working with Courtney: please fill out the attached symptom survey and health history. You can email/fax them back, or, just bring them to the session. If you can track about 3 days of your diet and activity that would be helpful as well.

Detailed info on nutrition services and upfront/out-of-pocket pricing can be provided by contacting Courtney directly (**For info about billing insurance, see below**). The basic fees, however, are \$90 for the initial session (allow at least 90 minutes for this session, which can include a sample meal plan if desired), or, if bought as part of a package, \$270 for 6 sessions or \$120 for 2 sessions.

If you want to find out about your insurance coverage for the nutrition sessions, please:

- 1) Call your doctor and ask for a referral for medical nutrition therapy and self-management and have it faxed to Courtney Rinehold RDN @ **260-209-5956**. Also ask what diagnosis codes can be used for you and you should write those down to use when calling your insurance.
- 2) Call to check with your insurance company about your coverage through Dr. Christopher Stroud (it will be provided by Courtney Rinehold RDN, though billed under Dr. Stroud)...see the next steps below

When calling your insurance, say to them: "I'm trying to find out if my insurance plan covers MNT (Medical Nutrition Therapy) or nutrition counseling, can you help me figure these out and answer some questions?" Here they are:

- 1) **If I have** _____ (diagnosis: such as diabetes, IBS, migraines, obesity, celiac disease, fibromyalgia, infertility, etc. You can get your diagnosis from your doctor, when asking for a referral) **and was treated**

by _____ (list these codes: MNT- 97802, 97803, 97804 or G02770, G0271 or, patient self-management codes 98960, 98961) **is MNT covered?**

- 2) **What is my deductible?**
- 3) **What is my share of the cost after the deductible?**
- 4) **How many MNT visits are allowed?**
- 5) **Who can provide the care?**
- 6) **Do I have coverage for Dr. Christopher Stroud MD, NPI# 1053550152 and/or Courtney Rinehold RDN NPI# 1750623591**
- 7) **Does MNT come under preventative care in the plan?**
- 8) **Is there a yearly/lifetime maximum on MNT coverage?**
- 9) **Are there any other coverage guidelines, exclusions, or limitations?**
- 10) **Can you fax the details of my coverage to Dr. Christopher Stroud/ Courtney Rinehold's office? Fax# 260-209-5956**

The above steps are your responsibility prior to your appointment if you want to know what your insurance coverage is. If you want us to bill insurance, and you don't have coverage, there is a possibility you may end up owing more than what the upfront fee (\$90 initial consults, \$60 full follow-ups, \$30 mini-sessions) would be if we hadn't billed insurance...so in many cases, it may be less money to not go through insurance and just pay out-of-pocket. So please, call your insurance company ahead of time if you are interested in finding this out. If you need more explanation, please call our office. Thanks!

Office Phone: [260-222-7401](tel:260-222-7401) eFax: [260-818-2121](tel:260-818-2121)

More info on Courtney and her services here:

Websites: www.rinehold.com www.rinehold.wordpress.com

Facebook: www.facebook.com/rineholdnutritionservices

Twitter: www.twitter.com/CourtRineholdRD

Instagram: www.instagram.com/rineholdnutritionservices/

Pinterest: <https://www.pinterest.com/crinehold/>