



Subject: Nutritional Services

Revision Date: 6/24

DESCRIPTION

Medical nutrition therapy involves the assessment of nutritional status and the assignment of diet, counseling, and/or specialized nutrition therapies to treat an illness or condition. Medical nutrition therapy has been integrated into the treatment guidelines for a number of chronic diseases, including cardiovascular disease, diabetes mellitus, hypertension, obesity, kidney disease, eating disorders, gastrointestinal disorders, seizures (i.e., ketogenic diet), and other conditions (e.g., chronic obstructive pulmonary disease) based on the efficacy of diet and lifestyle on the treatment of these conditions. Registered dietitians, working in a coordinated, multi-disciplinary team effort with the primary care physician, take into account a person's food intake, physical activity, course of any medical therapy including medications and other treatments, individual preferences, and other factors.

BENEFIT/COVERAGE ISSUES

A maximum of 6 visits per plan year may be covered for medical conditions and metabolic disorders (see diagnoses below).

- Prior Authorization not required
- Plan guidelines apply

Eligible providers will be searchable under Ancillary Service Provider ("Nutritional Counseling" or "Diabetic Counseling and Education") on the OSU Health Plan (www.osuhealthplan.com) web site.

Providers for this service are:

- Registered dietician
- Certified Diabetes Educator

Nutritional consultations may be an integrated part of or be combined with certain programs (Please see medical guidelines for weight management programs and weight loss surgery programs).

EXCLUSIONS

Services not provided by a licensed or certified clinician are not covered.

The OSU Health Plan considers nutritional counseling of unproven value for conditions that have not been shown to be nutritionally related, including but not limited to asthma, attention-deficit hyperactivity disorder, chronic fatigue syndrome and schizophrenia.

Educational materials, tapes, journals, charts, liquid supplements, prepared food, nutrient supplements, exercise programs and exercise equipment are not covered.

DIAGNOSES WHICH MAY SUPPORT MEDICAL NECESSITY

ICD-10 codes may include, but are not limited to:

Code	Description
B20	Human immunodeficiency virus [HIV] disease
C00.0 – D49.9	Neoplasms
D50.0 – D50.9	Iron deficiency anemia
D51.0 – D51.9	Vitamin B12 deficiency anemia
D52.0 – D52.9	Folate deficiency anemia
D53.0 – D53.9	Other nutritional anemias
E08.0 – E13.9	Diabetes mellitus
E40, E42	Kwashiorkor
E41	Nutritional marasmus
E43	Unspecified severe protein-calorie malnutrition
E44 – E46, E64.0	Malnutrition
E50.0 – E64.9	Other nutritional deficiencies
E66.0 – E66.9	Overweight and obesity
E70 – E88	Metabolic disorders
F50.0 – F50.9	Eating disorders

G40.0 – G40.919	Epilepsy and recurrent seizures
G47.33	Obstructive sleep apnea (adult) (pediatric)
G70.0 – G70.9	Myasthenia gravis and other myoneural disorders
I10 – I15.9	Hypertensive diseases
I20.0 – I25.9	Ischemic heart diseases
I27.0 – I27.9	Other pulmonary heart diseases
I42.0 – I42.9	Cardiomyopathy
I50 – I50.9	Heart failure
I51.4	Myocarditis
I51.5	Myocardial degeneration
I51.7	Cardiomegaly
I69.091, I69.191, I69.291, I69.391, I69.891, I69.991	Dysphagia due to cerebrovascular disease
K22.4	Dyskinesia of esophagus
K25 – K31.9	Gastrointestinal disorders
K50.0 – K52.9	Noninfective enteritis and colitis
K55.0 – K64.9	Other diseases of intestines
K65.0 – 68.9	Diseases of the peritoneum and retroperitoneum
K70.0 – K77	Diseases of liver
K80.0 – K87	Disorders of gallbladder, biliary tract and pancreas
K90.0 – K95.89	Other diseases of the digestive system
M1A.00 – M10.9	Gout
N00.0 – N08	Glomerular diseases
N10 – N16	Renal tubule-interstitial diseases
N17.0 – N19	Acute kidney failure and chronic kidney disease
N20.0 – N23	Urolithiasis
N25 – N29	Other disorders of kidney and ureter
N30 – N39.9	Other diseases of the urinary system
O10.0 – O16	Edema, proteinuria and hypertensive disorders in pregnancy, childbirth and the puerperium
O21.0 – O21.9	Excessive vomiting in pregnancy
O24.0 – O24.9	Diabetes mellitus in pregnancy, childbirth, and the puerperium

O25.1 – O26.13	Malnutrition in pregnancy, childbirth, and the puerperium
O26.831 – O26.839	Pregnancy related renal disease
O90.89	Other complications of the puerperium, NEC
O99.810 – O99.815	Abnormal glucose complicating pregnancy, childbirth and the puerperium
P76.0 – P78.9	Digestive system disorders of newborn
P92.0 – P92.9	Feeding problems of newborn
Q38.0 – Q45.9	Other congenital malformations of the digestive system
Q60.0 – Q64.9	Congenital malformations of the urinary system
R06.00	Dyspnea, unspecified
R10.0 – R19.8	Symptoms and signs involving the digestive system and abdomen
R56.9	Unspecified convulsions
R62.50 – R62.59	Other and unspecified lack of expected normal physiological development in childhood
R62.7	Adult failure to thrive
R63.0 – R64	Symptoms and signs concerning food and fluid intake
R73.0 – R73.9	Elevated blood glucose level
R80.2	Orthostatic proteinuria, unspecified
Z68.25 – Z68.45	Body mass index [BMI] 25.0 – 70 or greater, adult
Z68.51 – Z68.54	Body mass index [BMI] pediatric
Z71.3	Dietary counseling and surveillance
Z72.4	Inappropriate diet and eating habits
Z85.0 – Z85.9	Personal history of malignant neoplasm
Z91.010 – Z91.018	Food allergy status
Z93.1	Gastrostomy status
Z93.4	Other artificial openings of gastrointestinal tract status
Z98.84	Bariatric surgery status

CPT/HCPCS CODES

Diabetic Nutrition Education: G0108, G0109, G9886, G9887, S9140, S9141, S9145, S9445, S9446, S9455, S9460, S9465

REFERENCES

- American Dietetic Association. (1999). Position of the American Dietetic Association: Medical nutrition therapy and pharmacotherapy. *Journal of the American Dietetic Association*, 99(2), 227-230.
- American Dietetic Association. (2005). Position Paper of the American Dietetic Association: Nutrition Across the Spectrum of Aging. *Journal of the American Dietetic Association*, 105(4), 616-633.
- American Dietetic Association. (2006). Position of the American Dietetic Association: Nutrition Intervention in the Treatment of Anorexia Nervosa, Bulimia Nervosa, and other eating disorders. *Journal of the American Dietetic Association*, 106(12), 2073-2082.
- American Dietetic Association. (2010). Position of the American Dietetic Association: Integration of Medical Nutrition Therapy and Pharmacotherapy. *Journal of the American Dietetic Association*, 110(6), 950-956.
- Baldwin, C. & Weekes, C.E. (2011). Dietary advice with or without oral nutritional supplements for disease-related malnutrition in adults. *Cochrane Database of Systematic Reviews*, Issue 9. Art. No.: CD002008. DOI: 10.1002/14651858.CD002008.pub4
- Caccialanza, R., Cereda, E., Klersy, C., Nardi, M., Masi, S., Crotti, S., Cappello, S., Caissutti, V., Brovia, C., Lobascio, F., Formisano, E., Colombo, S., Filippi, A. R., Bonzano, E., Comoli, P, Catenacci, Alberti, A., Musella, V., ... Pedrazzoli, P. The efficacy of immunonutrition in improving tolerance to chemoradiotherapy in patients with head and neck cancer, receiving nutritional counseling: study protocol of a randomized, open-label, parallel group, bicentric pilot study. *Therapeutic Advances In Medical Oncology*, 13, 1-13. <https://doi.org/10.1177/17588359211025872>
- Cupisti, A. (2003). Phosphate control in chronic uremia: don't forget to diet. *Journal of Nephrology*, 16(1), 29.
- Dawczynski, C., Cullen, P. M., Schlattmann, P., & Lorkowski, S. (2021). A study protocol of a randomized trial evaluating the effect of using defined menu plans within an intensive personal nutritional counseling program on cardiovascular risk factors: The MoKaRi (modulation of cardiovascular risk factors) trial. *Contemporary Clinical Trials Communications*, 22, 100761. <https://doi.org/10.1016/j.conctc.2021.100761>
- Devali, V., Hamilton, M. S., & Molloy, A. M. (2014). Guidelines for the diagnosis and treatment of cobalamin and folate disorders. *British Journal of Haematology*, 166, 496-513.
- Earl, R., & Woteki, C. E. (Eds.). (1993). *Iron Deficiency Anemia: Recommended Guidelines for the Prevention, Detection, and Management Among U.S. Children and Women of Childbearing Age.*

Washington D.C.: National Academy Press.

- Elbrond, P., Hojskov, I. E., Missel, M., & Borregaard, B. (2020). Food and heart – the nutritional jungle: Patients' experiences of dietary habits and nutritional counselling after coronary artery bypass grafting. *J Clin Nurs*, 29, 85 – 93.
- Ellis, A., Rozga, M., Braakhuis, A., Monnard, C. R., Robinson, K., Sinley, R., Wanner, A., & Vargas, A. J. (2021). Effect of incorporating genetic testing results into nutrition counseling and care on health outcomes: An evidence analysis center systematic review—part II. *Journal of the Academy of Nutrition and Dietetics*, 121(3), 582 – 605. <https://doi.org/10.1016/j.jand.2020.02.009>
- Epstein, L.J., Kristo, D., Strollo, P.J., Friedman, N., Malhotra, A., Patil, S.P., Ramar, K., Rogers, R., Schwab, R.J., Weaver, E.M., & Weinstein, M.D. (2009). Clinical guideline for the evaluation, management and long-term care of obstructive sleep apnea in adults. *J Clin Sleep Med*, 5(3), 263-276.
- Garagarza, C.A., Valente, A.T., Oliveira, T.S., & Caetano, C.G. (2015). Effect of personalized nutritional counseling in maintenance hemodialysis patients. *Hemodialysis International*, 19, 412-418.
- Gozal, D. (2015). Diet and exercise in obstructive sleep apnea patients with obesity: I'll breathe to that!. *Obesity (Silver Spring, Md.)*, 23(8), 1526-1527. doi:10.1002/oby.21178
- Grobler, L., Siegfried, N., Visser, M.E., Mahlangu, S.S.N., & Volmink, J. (2013). Nutritional interventions for reducing morbidity and mortality in people with HIV. *Cochrane Database of Systematic Reviews*, Issue 2. Art. No.: CD004536. DOI: 10.1002/14651858.CD004536.pub3
- Hagen, K.B., Byfuglien, M., Falzon, L., Olsen, S., & Smedslund, G. (2009). Dietary interventions for rheumatoid arthritis. *Cochrane Database of Systematic Reviews*, Issue 1. Art. No.: CD006400. DOI: 10.1002/14651858.CD006400.pub2
- Hastert, M., & Eller, A. (2021). Nutrition counseling for weight management during the COVID-19 pandemic. *Journal of the Academy of Nutrition and Dietetics*, 121(9S), A57. <https://doi.org/10.1016/j.jand.2021.06.164>
- Ho, Y. W., Yeh, K. Y., Hsueh, S. W., Hung, C. Y., Lu, C. H., Tsang, N. M., Wang, H. M., Hung, Y. S., & Chou, W. C. (2021). Impact of early nutrition counseling in head and neck cancer patients with normal nutritional status. *Supportive Care in Cancer*, 29, 2777 – 2785. <https://doi.org/10.1007/s00520-020-05804-3>
- Isenring, E.A., Bauer, J.D., Capra, S. (2007). Nutrition Support Using the American Dietetic Association Medical Nutrition Therapy Protocol for Radiation Oncology Patients Improves Dietary Intake Compared with Standard Practice. *Journal of the American Dietetic Association*, 107(3), 404- 412.
- Kannel, W. (1996). Preventive Efficacy of Nutritional Counseling. *Arch Intern Med*, 156(11), 1138-9.
- Kenny, E., Touger-Decker, R., & August, D. A. (2021). Structured review of the value added by the

- registered dietitian to the care of gastrointestinal cancer patients. *Nutrition in Clinical Practice*, 36(3), 606 – 628. <https://doi.org/10.1002/ncp.10568>
- Kumara, M., Dudejab, P., Shaw, S. C., & Gupta, R. (2021). Impact of individualized nutritional counseling on infant and young child feeding practices. *Medical Journal Armed Forces India*, 77(2), 220-223. <https://doi.org/10.1016/j.mjafi.2020.10.004>
- Langius, J., Zandbergen, M.C., Eerenstein, S., van Tulder, M.W., Rene Leemans, C., Kramer, M., & Weijs, P. (2013). Effect of nutritional interventions on nutritional status, quality of life and mortality in patients with head and neck cancer receiving (chemo)radiotherapy: a systematic review. *Clinical Nutrition*, 32(5), 671-678.
- Lee, P.R. & Kossoff, E.H. (2011). Dietary treatments for epilepsy: Management guidelines for the general practitioner. *Epilepsy & Behavior*, 21, 115-121.
- LeFevre, M.L. (2014). Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement. *Ann Intern Med*, 161(8), 587-593.
- Luisi, M.L.E., et. al. (2015). Efficacy of a nutritional education program to improve diet in patients attending a cardiac rehabilitation program: outcomes of a one-year follow-up. *Intern Emerg Med*, 10, 671-676.
- Martin, K., Jackson, C.F., Levy, R.G., & Cooper, P.N. (2016). Ketogenic diet and other dietary treatments for epilepsy. *Cochrane Database of Systematic Reviews*, Issue 2. Art. No.: CD001903. DOI: 10.1002/14651858.CD001903.pub3
- McLaren, D. S., & Kraemer, K. (Eds.). (2012). *World Review of Nutrition and Dietetics: Manual on Vitamin A Deficiency Disorders (VADD) (Vol. 103)*. Basel, Switzerland: Karger.
- Molenaar, E.A., van Ameijden, E., Vergouwe, Y., Grobbee, D.E., & Numans, M.E. (2010). Effect of nutritional counselling and nutritional plus exercise counselling in overweight adults: a randomized trial in multidisciplinary primary care practice. *Family Practice*, 27(2), 143-150.
- National Institutes of Health. (2002). Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Final Report. *Circulation*, 106(25), 3145-3421.
- Nguyen, H. T., Pavey, T. G., Collins, P. F., Nguyen, N. V., Pham, T. D., & Gallegos, D. (2020). Effectiveness of tailored dietary counseling in treating malnourished outpatients with chronic obstructive pulmonary disease: A randomized controlled trial. *Journal of the Academy of Nutrition and Dietetics*, 120(5), 778-791. <https://doi.org/10.1016/j.jand.2019.09.013>
- Nield, L., Moore, H., Hooper, L., Cruickshank, K., Vyas, A., Whittaker, V., & Summerbell, C.D. (2007).

- Dietary advice for treatment of type 2 diabetes mellitus in adults. Cochrane Database of Systematic Reviews, Issue 3. Art. No.: CD004097. DOI: 10.1002/14651858.CD004097.pub4
- Ogbera, A.O. (2010). Prevalence and gender distribution of the metabolic syndrome. *Diabetology & Metabolic Syndrome*, 2(1).
- Ohio State University. (2016). The Ohio State University Faculty and Staff Health Plans Specific Plan Details Document. Retrieved from <https://hr.osu.edu/wp-content/uploads/medical-spd.pdf>
- Olendzki, B., Speed, C., & Domino, F.J. (2006). Nutritional Assessment and Counseling for Prevention and Treatment of Cardiovascular Disease. *American Family Physician*, 73(2), 257-264.
- Olsen, J., Willaing, I., Ladelund, S., Jorgensen, T., Gundgaard, J., & Sorensen, J. (2005). Cost-effectiveness of nutritional counseling for obese patients and patients at risk of ischemic heart disease. *International Journal of Technology Assessment in Health Care*, 21(2), 194-202.
- PDQ® Supportive and Palliative Care Editorial Board. PDQ Nutrition in Cancer Care. Bethesda, MD: National Cancer Institute. Updated January 8, 2016. Available at: <http://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-hp-pdq>. Accessed November 28, 2016.
- Pearsall, R., Thyarappa Praveen, K., Pelosi, A., & Geddes, J. (2016). Dietary advice for people with schizophrenia. Cochrane Database of Systematic Reviews, Issue 3. Art. No.: CD009547. DOI: 10.1002/14651858.CD009547.pub2
- Plavsic, L., Knezevic, O. M., Sovtic, A., Minic, P., Vukovic, R., Mazibrada, I., Stanojlovic, O., Hrnacic, D., Rasic-Markovic, A., & Macut, D. (2020). Effects of high-intensity interval training and nutrition advice on cardiometabolic markers and aerobic fitness in adolescent girls with obesity. *Appl Physiol Nutr Metab*, 45, 294-300. <https://doi.org/10.1139/apnm-2019-0137>
- Poustie, V.J. & Wildgoose, J. (2010). Dietary interventions for phenylketonuria. Cochrane Database of Systematic Reviews, Issue 1. Art. No.: CD001304. DOI: 10.1002/14651858.CD001304.pub2
- Rees, K., Dyakova, M., Wilson, N., Ward, K., Thorogood, M., & Brunner, E. (2013). Dietary advice for reducing cardiovascular risk. Cochrane Database of Systematic Reviews, Issue 12. Art. No.: CD002128. DOI: 10.1002/14651858.CD002128.pub5
- Reiter, C. S. & Graves, L. (2010). Nutrition therapy for eating disorders. *Nutrition in Clinical Practice*, 25(2), 122-136.
- Shepherd, S.J., & Gibson, P.R. (2013). Nutritional inadequacies of the gluten-free diet in both recently-diagnosed and long-term patients with coeliac disease. *J Hum Nutr Diet*, 26, 349-358.
- Soltesz, K.S., Price, J.H., Johnson, L.W., & Tellijohann, S.K. (1995). Family Physicians' Views of the Preventive Services Task Force Recommendations Regarding Nutritional Counseling. *Arch Fam Med*, 4(7), 589-593.

- ter Borg, S., Verlaan, S., & Hemsworth, J., et al. (2015). Micronutrient intakes and potential inadequacies of community-dwelling older adults: a systematic review. *Br J Nutr*, 113, 1195– 1206.
- Tieu, J., Crowther, C.A., & Middleton, P. (2008). Dietary advice in pregnancy for preventing gestational diabetes mellitus. *Cochrane Database of Systematic Reviews*, Issue 2. Art. No.: CD006674.
DOI: 10.1002/14651858.CD006674.pub2
- Tuomilehto, H., et. al. (2010). Sustained improvement in mild obstructive sleep apnea after a diet and physical activity-based lifestyle intervention: postinterventional follow-up. *The American Journal of Clinical Nutrition*, 92, 688-96.
- U.S. Preventive Services Task Force. (2003). Behavioral Counseling in Primary Care to Promote a Health Diet: Recommendations and Rationale. *American Journal of Preventive Medicine*, 24(1), 93-100.
- Vazquez-Mellado, J., Alvarez Hernandez, E., & Burgos-Vargas, R. (2004). Primary prevention in rheumatology: the importance of hyperuricemia. *Best Practice & Research Clinical Rheumatology*, 18(2), 111-124.
- Weekes, C.E., Emery, P.W., & Elia, M. (2009). Dietary counselling and food fortification in stable COPD: a randomized trial. *Thorax*, 64(4), 326-331.