



**Subject:** Nutritional Services

**Revision Date:** 5/25

## 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, consider a person's food intake, physical activity, course of any medical therapy including medications and other treatments, individual preferences, and other factors.

## APPLICABILITY

This policy applies to all OSU Health Plan (OSUHP) benefit plans.

## DEFINITIONS

**Nutritional Services:** Nutritional services are services focused on food/nutrient intake or eating patterns. They can be provided by a licensed and registered dietitian, physician, certified diabetic educator, or within an approved structured program. These services are appropriate when there is a condition or treatment that is directly influenced by food and nutrient intake such as diabetes, a malabsorption disorder such as celiac disease, an eating disorder, or obesity.

## **POLICY**

A total of 6 visits per plan year are covered without prior authorization for certain medical conditions and metabolic disorders (see covered diagnoses below). Plan guidelines apply.

OSU Health Plan considers additional nutritional counseling visits medically necessary when all of the following criteria are met:

- A covered person has a chronic condition or complex clinical need in which dietary adjustment has a potential therapeutic role; and
- A nutritional care plan has been established with measurable SMART goals (specific, measurable, attainable, relevant, time-based); and
- Documentation supports ongoing nutritional education, monitoring, and intervention is required to meet clinical goals.

Eligible providers are searchable under Ancillary Service Provider ("Nutritional Counseling" or "Diabetic Counseling and Education") on the OSU Health Plan ([www.osuhealthplan.com](http://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. Refer to the SPD for weight management program benefits.

## **PROCEDURE**

The Third-Party Administrator (TPA) will process the first 6 nutrition visits in a plan year per plan guidelines without prior authorization for any diagnosis except those that are listed as an exclusion.

## **PRIOR AUTHORIZATION**

Prior authorization is required for more than 6 visits in a plan year.

## 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. Nutritional counseling billed with an excluded diagnosis will be denied as experimental.

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

The use of NutrEval (an allergy test) that provides comprehensive functional and nutritional assessment is considered experimental, investigational, or unproven.

## CODES

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

ICD-10 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
E16	Other disorders of pancreatic internal secretion
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
Z71.89	Other specified counseling
Z71.9	Counseling, unspecified
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

ICD-10 codes not covered for nutritional counseling:

ICD-10 Code	Description
F90.0 – F90.9	Attention-deficit hyperactivity disorder
J45.20 – J45.909	Asthma
R53.82	Chronic fatigue, unspecified

CPT/HCPCS codes covered for nutritional counseling:

CPT/HCPCS Code	Description
97802	Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes
97803	Medical nutrition therapy; re-assessment and intervention, individual, face-to-face with the patient, each 15 minutes
97804	Medical nutrition therapy; group (2 or more individual(s)), each 30 minutes
G0270	Medical nutrition therapy, reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition, or treatment regimen (including additional hours needed for renal disease), individual, face-to-face with the patient, each 15 minutes
G0271	Medical nutrition therapy, reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition, or treatment regimen (including additional hours needed for renal disease), group (two or more

	individuals), each 30 minutes
S9452	Nutrition classes, nonphysician provider, per session
S9470	Nutritional counseling, dietitian visit

CPT/HCPCS codes covered for diabetic nutrition education:

<b>CPT/HCPCS Code</b>	<b>Description</b>
G0108	Diabetes outpatient self-management training services, individual, per 30 minutes
G0109	Diabetes outpatient self-management training services, group session (two or more), per 30 minutes
G9886	Behavioral counseling for diabetes prevention, in-person, group, 60 minutes
G9987	Behavioral counseling for diabetes prevention, distance learning, 60 minutes
S9140	Diabetic management program, follow-up visit to non-MD provider
S9141	Diabetic management program, follow-up visit to MD provider
S9145	Insulin pump initiation, instruction in initial use of pump (pump not included)
S9445	Patient education, not otherwise classified, nonphysician provider, individual, per session
S9446	Patient education, not otherwise classified, nonphysician provider, group, per session
S9455	Diabetic management program, group session
S9460	Diabetic management program, nurse visit
S9465	Diabetic management program, dietitian visit

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