

Billing at Nourish

At Nourish, we accept patients in all 50 states and DC and partner with hundreds of insurance plans within the US. We seek to expand access to nutritional care, and 94% of Nourish patients spend \$0 out of pocket.

Nourish is in-network with 5 major insurance companies (and many of their subsidiaries): Blue Cross Blue Shield (including Anthem), United Healthcare, Aetna, Cigna, and Medicare. Medicare is in-network but only covered for patients diagnosed with diabetes or chronic kidney disease (any other diagnoses do not qualify for coverage). For in-network patients, we work directly with your insurance company to ensure coverage.



If you've signed up for an appointment and are unsure about your coverage, head to our website to check out our [coverage calculator](#). If you want to learn more specific details about coverage and benefits for your individual plan, we recommend that you call the customer service number on the back of your insurance card and ask what your benefits are for Medical Nutritional Therapy. If your plan needs further information to verify your coverage, reach out to support@usenourish.com.

At any time, you can check the status of your insurance claims directly within our Nourish Patient Portal and app. Within the appointments menu, you can check past appointments to see the status of your claim. This status is updated as soon as we hear back from your insurance.

In rare cases, there are costs associated with using insurance, such as a small copay or coinsurance. In these cases, you will be responsible for those fees. If your insurance denies payment or your claim goes to a deductible that you don't wish to contribute to, **we will not charge you for any sessions that have already occurred.** We will reach out to you personally to determine payment options for future sessions if you wish to continue working with your dietitian.

Our team is always happy to work with you to find the best solution with any insurance issues, so feel free to reach out to support@usenourish.com if you have any questions that are not answered by our coverage calculator or your insurance company's representatives.



Nourish