



Neighborhood Nutrition

Decide to be healthy



Scheduling Your First Visit

Follow these steps to schedule your first visit.

1. Review Payment Options

Review our Payment Options to learn more about the health insurance plans that Neighborhood Nutrition accepts. If your insurance plan does not cover nutrition counseling, we have some health insurance tips to help you.

2. Verify Insurance Coverage

Verify the services covered by your health insurance plan. Typically, there is a customer service phone number located on the back of your health insurance card. Ask the customer service representative if Medical Nutrition Therapy (MNT) or nutrition counseling with a Registered Dietitian is a covered benefit on your plan.

1. If nutrition counseling is included as a benefit of your health insurance coverage, ask the following questions:
 - a. How many visits are covered?
 - b. Do I need to obtain a [referral](#) from my primary care doctor?
 - c. Are there any additional requirements?
 - d. Do I have a deductible? *If so, how much is my out-of-pocket annual deductible? Can you tell me how much of my deductible has been met so far?*
 - e. What is my co-payment amount?
2. If nutrition counseling is NOT covered as a benefit of your health insurance plan, you can pay out-of-pocket rates. See [payment options](#).

3. Schedule Nutrition Appointment

Call Neighborhood Nutrition at (617) 492 – 4995 and leave a message requesting a new appointment. Please tell us:

- Your name
- The best time you can be reached
- Your phone number (say it twice)
- What days and times are you seeking for an appointment
- Do you plan on using your health insurance?
- How were you referred to us?



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4. Request a Doctor's Referral

If you are required to have a referral from your doctor for health insurance benefit coverage, please call your primary care doctor to request a referral for nutrition counseling at Neighborhood Nutrition. Print [Health Insurance Tips](#) for more detailed instructions.

5. Preparation for Your Appointment

In preparation for your visit, please download & complete the [Registration form](#) and [Nutrition Assessment form](#) and fax to Neighborhood Nutrition (617) 849-5577 prior to your first appointment.

*Learn more about [What to Expect at Your First Appointment](#).

6. Print & Sign Policies

Print copies of Neighborhood Nutrition [Payment & Billing](#) Policies and our [Privacy Policy \(HIPAA\) Consent Form](#). Read and sign these forms and bring them to your first appointment. You can fax them or mail them in advance if you wish.

7. Payments for Appointments

Please make sure to bring a check or cash for your payment (co-payment) to be paid at the beginning of each session.

8. Check Referral & Insurance Plan

Verify with your health insurance plan that a referral is in place for your nutrition counseling visit. You may also want to call your primary care doctor to verify that a referral has been submitted on your behalf.

Congratulations! You are now ready to have your first nutrition counseling appointment at Neighborhood Nutrition. We are excited to meet you!