Subject: Nutritional Counseling*

Effective Date: March 1, 1999

Department(s): Utilization Management

Policy: Nutritional counseling services are reimbursable under Plans administered by QualCare, Inc., under circumstances defined in this policy.

Objective: To provide proper and consistent reimbursement and to delineate conditions under which a specific type of service is covered.

Procedure:

1. For nutritional counseling services to be reimbursable there must be documentation of the presence of a chronic disease state in which dietary adjustment has a therapeutic role.

2. Conditions for which nutritional counseling is reimbursable include, but are not limited to, the following:

   - Atherosclerotic cardiovascular disease
   - Celiac disease
   - Chronic liver disease
   - Chronic renal disease
   - Congestive heart failure
   - Diabetes mellitus, including gestational diabetes mellitus
   - Eating disorders
   - Gastrointestinal enzyme deficiencies (e.g., lactose intolerance)
   - Hyperlipidemia
   - Hypertension
   - Inborn errors of metabolism (e.g., phenylketonuria [PKU])
• Inflammatory bowel disease
• Nutritional deficiencies
• Obesity
• Seizure disorders requiring ketogenic diet
• Chronic obstructive pulmonary disease
• Cystic fibrosis

3. Nutritional counseling as a separately reimbursable consultative service may be provided by any of the following:

• Nurse
• Physician
• Physician assistant
• Registered dietitian

4. Individual SPDs must be consulted to determine coverage for a given condition and number of visits covered. If no number of visits is specified by the SPD, the limit is three visits per calendar year per condition.

References


Drafted By/Date: S Reisler, MD 02/23/99
Approved By/Date: UMC/02/99
Revised By/Date: BFisher, MD 07/28/03
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*Consistent with Summary Plan Description (SPD). When there is discordance between this policy and the SPD, the provisions of the SPD prevail.