



Nutrition and movement that works **with** the mind and body

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Nourishing Bits and Bites Practice Details

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Provider Name / NPI Rebecca Toutant, MA, RD, CSSD, LDN, CEDS, CDCES, cPT
Registered Dietitian, Certified Specialist Sports Dietetics, Certified Eating Disorder Specialist, Certified Diabetes Care & Education Specialist, Personal Trainer
NPI for Rebecca - 1235379397

Practice Details

Practice Name / NPI Nourishing Bits & Bites, LLC
Type 2 NPI for practice - 1124701552
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Order or Referral for Medical Nutrition Therapy

Page 2 of this form can be used by a medical provider to "order" Medical Nutrition Therapy for clients. It is ok if the provider has their own system.

Please have your provider fax page 2 of this form (or equivalent details) to Nourishing Bits and Bites, LLC (781-483-8792). They will need my practice details (above) to complete the referral.

Please note this cannot be completed by clients.

At a minimum, the referral should include -


- Name, Age, Date of Birth of the patient
- One or more International Classification of Diseases diagnosis code(s) (ICD 10) associated with the need for nutrition counseling. Those relevant to nutrition are at the end of this form.
- A written explanation of the reason for the need for nutrition counseling
- Recommended frequency of treatment and authorized length of the plan of care
- Contact information of medical practitioner
- Name, signature, and license or national provider identification number of medical practitioner authorizing care
- Name of clinic or institution of the medical practitioner



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Client Details

Full Name		Date of Birth	
Phone		Insurance	
Address			

Referral Details

Consult Type	Medical Nutrition Therapy
Reason for Referral (ICD 10 Diagnosis)	
Start Date of Services	
End Date of Services	
Frequency	Weekly Bi-Weekly Monthly
Duration	3 months 6 months No 12 months
# of Visits Requested	
# of Visits Approved	
Prior Authorization Number	

Please use the space below to share any additional and relevant details

Physician Details:

Please sign and complete the below

Signature:

Name:

Date:

NPI:

Practice Details

Practice Full Address:

Phone:

Fax:

ICD 10 Codes Commonly Used for Medical Nutrition Therapy

Z Codes

Z71.3 – Dietary counseling and surveillance
 Z59.41 – Food insecurity
 Z59.48 – Other specified lack of adequate food
 Z72.3 – Lack of physical exercise
 Z72.4 – Inappropriate diet and eating habits
 Z82.3 – Family history of stroke
 Z82.41 – Family history of sudden cardiac death
 Z82.49 – Family history of ischemic heart disease and other diseases of the circulatory system
 Z98.84 – Bariatric surgery status

Eating Disorder

F50.00 – Anorexia nervosa, unspecified
 F50.010 – Anorexia nervosa, restricting type, mild
 F50.014 – Anorexia nervosa, restricting type, in remission
 F50.019 – Anorexia nervosa, restricting type, unspecified
 F50.020 – Anorexia nervosa, binge eating/purging type, mild
 F50.024 – Anorexia nervosa, binge eating/purging type, in remission
 F50.029 – Anorexia nervosa, binge eating/purging type, unspecified
 F50.20 – Bulimia nervosa, unspecified
 F50.21 – Bulimia nervosa, mild
 F50.25 – Bulimia nervosa, in remission
 F50.810 – Binge eating disorder, mild
 F50.814 – Binge eating disorder, in remission
 F50.819 – Binge eating disorder, unspecified
 F50.82 – Avoidant/restrictive food intake disorder
 F50.89 – Other specified eating disorder
 F50.9 – Eating disorder, unspecified

Disorders of Blood

D50.8 – Other iron deficiency anemias
 D50.9 – Iron deficiency anemia, unspecified
 D51.3 – Other dietary vitamin B12 deficiency anemia
 D52.0 – Dietary folate anemia
 D53.0 – Protein deficiency anemia
 D53.9 – Nutrition anemia, unspecified
 D64.9 – Anemia, unspecified

BMI

Z68.1 – BMI 19.9 or less, adult
 Z68.20 – BMI 20.0-20.9, adult
 Z68.21 – BMI 21.0-21.9, adult
 Z68.22 – BMI 22.0-22.9, adult
 Z68.23 – BMI 23.0-23.9, adult
 Z68.24 – BMI 24.0-24.9, adult
 Z68.25 – BMI 25.0-25.9, adult
 Z68.26 – BMI 26.0-26.9, adult
 Z68.27 – BMI 27.0-27.9, adult
 Z68.28 – BMI 28.0-28.9, adult
 Z68.29 – BMI 29.0-29.9, adult
 Z68.30 – BMI 30.0-30.9, adult
 Z68.31 – BMI 31.0-31.9, adult
 Z68.32 – BMI 32.0-32.9, adult
 Z68.33 – BMI 33.0-33.9, adult
 Z68.34 – BMI 34.0-34.9, adult
 Z68.35 – BMI 35.0-35.9, adult
 Z68.36 – BMI 36.0-36.9, adult
 Z68.37 – BMI 37.0-37.9, adult
 Z68.38 – BMI 38.0-38.9, adult
 Z68.39 – BMI 39.0-39.9, adult
 Z68.41 – BMI 40.0-44.9, adult
 Z68.42 – BMI 45.0-49.9, adult
 Z68.43 – BMI 50.0-59.9, adult
 Z68.44 – BMI 60.0-69.9, adult
 Z68.45 – BMI > 70.0, adult

Pediatric

Z68.51 – BMI pediatric, less than 5th percentile for age
 Z68.52 – BMI pediatric, 5th percentile to less than 85th percentile for age
 Z68.53 – BMI pediatric, 85th percentile to less than 95th percentile for age
 Z68.54 – BMI pediatric, greater than or equal to 95th percentile for age
 Z68.55 – BMI pediatric, 120% of the 95th percentile for age to less than 140% of the 95th percentile for age
 Z68.56 – BMI pediatric, greater than or equal to 140% of the 95th percentile for age

Malnutrition

E40 – Kwashiorkor
E41 – Nutritional marasmus
E42 – Marasmic kwashiorkor
E43 – Unspecified severe protein-calorie malnutrition
E44.0 – Moderate protein-calorie malnutrition
E44.1 – Mild protein-calorie malnutrition
E45 – Retarded development following protein-calorie malnutrition
E46 – Unspecified protein-calorie malnutrition

Diabetes

E08.9 – Diabetes mellitus related to underlying condition without complications
E09.9 – Drug or chemical induced diabetes mellitus without complications
E10.10 – Type 1 diabetes mellitus with ketoacidosis without coma
E10.21 – Type 1 diabetes mellitus with diabetic nephropathy
E10.22 – Type 1 diabetes mellitus with diabetic chronic kidney disease
E10.319 – Type 1 diabetes mellitus with unspecified diabetic retinopathy without macular edema
E10.39 – Type 1 diabetes mellitus with other diabetic ophthalmic complication
E10.40 – Type 1 diabetes mellitus with diabetic neuropathy, unspecified
E10.649 – Type 1 diabetes with hypoglycemia without coma
E10.65 – Type 1 diabetes with hyperglycemia
E10.8 – Type 1 diabetes mellitus with unspecified complications
E10.9 – Type 1 diabetes mellitus without complications
E11.10 – Type 2 diabetes mellitus with ketoacidosis without coma
E11.21 – Type 2 diabetes mellitus with diabetic nephropathy
E11.22 – Type 2 diabetes mellitus with diabetic chronic kidney disease
E11.319 – Type 2 diabetes mellitus with unspecified diabetic retinopathy without macular edema
E11.39 – Type 2 diabetes mellitus with other diabetic ophthalmic complication

Weight Management

E66.01 – Morbid (severe) obesity due to excess calories
E66.09 – Other obesity due to excess calories
E66.1 – Drug induced obesity
E66.2 – Morbid (severe) obesity with alveolar hypoventilation
E66.3 – Overweight
E66.811 – Obesity, class 1
E66.812 – Obesity, class 2
E66.813 – Obesity, class 3
E66.89 – Other obesity not elsewhere classified
E88.82 – Obesity due to disruption of MC4R pathway
E66.9 – Obesity, unspecified
R63.4 – Abnormal weight loss
R63.5 – Abnormal weight gain
R63.6 – Underweight

Cardiometabolic

E78.0 – Pure hypercholesterolemia
E78.1 – Pure hyperglyceridemia
E78.2 – Mixed hyperlipidemia
E78.3 – Hyperchylomicronemia
E78.4 – Other hyperlipidemia
E78.5 – Hyperlipidemia, unspecified
E78.8 – Other disorders of lipoprotein metabolism
E78.9 – Disorder of lipoprotein metabolism, unspecified
E88.810 – Metabolic syndrome
E88.818 – Other insulin resistance
E88.819 – Insulin resistance, unspecified
I10 – Essential (primary) hypertension
I11.0 – Hypertensive heart disease with (congestive) heart failure
I11.9 – Hypertensive heart disease without (congestive) heart failure
I12.0 – Hypertensive chronic kidney disease with stage 5 chronic kidney disease or end stage renal disease
I12.9 – Hypertensive chronic kidney disease with stage 1 through 4 chronic kidney disease, or unspecified kidney disease
I25.10 – Atherosclerotic heart disease of native coronary artery without angina pectoris
I25.2 – Old myocardial infarction

E11.40 – Type 2 diabetes mellitus with diabetic neuropathy, unspecified

Diabetes (continued)

E11.649 – Type 2 diabetes with hypoglycemia without coma

E11.65 – Type 2 diabetes with hyperglycemia

E11.8 – Type 2 diabetes mellitus with unspecified complications

E11.9 – Type 2 diabetes mellitus without complications

E13.9 – Other specified diabetes mellitus without complications

O24.01 – Pre-existing diabetes mellitus, type 1, in pregnancy

O24.11 – Pre-existing diabetes mellitus, type 2, in pregnancy

O24.410 – Gestational diabetes mellitus, diet-controlled

O24.414 – Gestational diabetes mellitus, insulin-controlled

Renal Disease

I12.0 – Hypertensive chronic kidney disease with stage 5 chronic kidney disease or end stage renal disease

I12.9 – Hypertensive chronic kidney disease with stage 1 through 4 chronic kidney disease, or unspecified kidney disease

N20.0 – Calculus of kidney

N18.1 – Chronic kidney disease, stage 1

N18.2 – Chronic kidney disease, stage 2

N18.31 – Chronic kidney disease, stage 3a

N18.32 – Chronic kidney disease, stage 3b

N18.5 – Chronic kidney disease, stage 5

N18.4 – Chronic kidney disease, stage 4

Z48.22 – Encounter for aftercare following kidney transplant

Pregnancy

O21.0 – Mild hyperemesis gravidarum

O21.1 – Hyperemesis gravidarum with metabolic disturbance

O21.2 – Late vomiting of pregnancy

O24.01 – Pre-existing diabetes mellitus, type 1, in pregnancy

O24.11 – Pre-existing diabetes mellitus, type 2, in

Gastrointestinal

E73.8 – Other lactose intolerance

E73.9 – Lactose intolerance, unspecified

K21.0 – Gastroesophageal reflux disease with esophagitis

K21.9 – Gastroesophageal reflux disease without esophagitis

K29.5 – Unspecified chronic gastritis

K29.7 – Gastritis, unspecified

K50.0 – Crohn's disease of small intestine

K50.1 – Crohn's disease of large intestine

K50.8 – Crohn's disease of both small and large intestine

K50.9 – Crohn's disease, unspecified

K51.9 – Unspecified ulcerative colitis without complications

K57.01 – Diverticulitis of small intestine with perforation and abscess with bleeding

K57.30 – Diverticulosis of large intestine without perforation or abscess without bleeding

K58.0 – Irritable bowel syndrome with diarrhea

K58.1 – Irritable bowel syndrome with constipation

K58.2 – Mixed irritable bowel syndrome

K59.00 – Unspecified constipation

K70.3 – Alcoholic cirrhosis of liver

K76.0 – Fatty (change of) liver, not elsewhere classified

K76.9 – Liver disease, unspecified

K86.0 – Alcohol-induced chronic pancreatitis

K86.1 – Other chronic pancreatitis

K90.0 – Celiac disease

K52.2 – Allergic and dietetic gastroenteritis and colitis

R74.01 – Abnormal serum enzyme level, unspecified

Endocrine

E03.9 – Hypothyroidism, unspecified

E16.0 – Drug-induced hypoglycemia without coma

E16.1 – Other hypoglycemia

E16.2 – Hypoglycemia, unspecified

E16.2 – Hypoglycemia, unspecified

E16.A1 – Hypoglycemia level 1

E16.A2 – Hypoglycemia level 2

E16.A3 – Hypoglycemia level 3

E28.2 – Polycystic ovarian syndrome

R73.01 – Impaired fasting glucose

R73.02 – Impaired glucose tolerance test (oral)

R73.03 – Pre-diabetes

pregnancy

Pregnancy (continued)

O24.410 – Gestational diabetes mellitus, diet-controlled

O24.414 – Gestational diabetes mellitus, insulin-controlled

O26.00 – Excessive weight gain in pregnancy, unspecified trimester

O26.10 – Low weight gain in pregnancy, unspecified trimester

O99.210 – Obesity complicating pregnancy, unspecified trimester

R73.09 – Other abnormal glucose

R73.9 – Hyperglycemia, unspecified

Miscellaneous

M81.0 – Age-related osteoporosis without current pathological fracture

M81.8 – Other osteoporosis without current pathological fracture

M1A.30 – Chronic gout due to renal impairment, unspecified site

M1A.9XX0 – Chronic gout, unspecified, without tophus

M10.30 – Gout due to renal impairment, unspecified site

M10.40 – Other secondary gout, unspecified site

M10.9 – Gout, unspecified

Q87.11 – Prader-Willi syndrome