



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 (CPT 97802 / 97803)
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