

## Nourishing Bits and Bites, LLC Referral Form

**Provider Name and 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

**Address** 25 Walnut St # 300, Wellesley, MA 02481

**Phone** 781-530-4147

**Fax** 781-483-8792

**Email** [rebecca@nourishingbitsandbites.com](mailto:rebecca@nourishingbitsandbites.com)

**Web** [www.nourishingbitsandbites.com](http://www.nourishingbitsandbites.com)

## Referral Process for Medical Nutrition Therapy

**Background:** Some insurance policies require a referral for specialty care, like nutrition counselling, from the patient's primary care provider. This provider is identified and named by the policy holder. The provider must refer ("authorize") nutrition counselling – identifying the type of care (CPT code), medical need (ICD10 diagnosis), duration and frequency of service, and the identified nutrition provider. These codes must align with the type of care provided. Some insurance companies require this be submitted to them for prior review and authorization. Others just want it on file. Please know that referrals are not a guarantee the insurance company will cover the visit.

**Process:** Contact your primary care provider and request a referral for nutrition counselling. They will need

- Nature of care (medical nutrition therapy, CPT code 97802 /97803)
- Reason for the visit (ICD-10 diagnosis)
- Start date of services (first appointment date)
- How many visits you're requesting (most start with 12)
- The provider you plan to see (provide RD name and NPI number)
- The fax number for the provider 781-483-8792.

From there, the provider will generate the referral and send to the insurance company AND to Nourishing Bits and Bites, LLC for records. Referrals need to be updated and maintained. Most medical systems have their own form and system. If they do not, they can use page 2 of the attached. **It is ok if the provider uses their own system.** Example nutrition codes are on page 3 and beyond

## 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:

NPI:

Date:

## Practice Details

Practice Full Address:

Phone:

Fax:

## ICD 10 Codes Commonly Used for Medical Nutrition Therapy

### Z Codes

Z71.3 – Dietary counselling and surveillance  
 Z59.41 – Food insecurity  
 Z59.48 – Other specified lack of adequate food  
 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  
 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
- E11.40 – Type 2 diabetes mellitus with diabetic neuropathy, unspecified
- 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

## Weight Management

- E66.01 – Morbid (severe) obesity due to excess calories
- E66.09 – Other obesity due to excess calories
- E66.1 – Drug induced obesity
- E66.3 – Overweight
- E66.811 – Obesity, class 1
- E66.812 – Obesity, class 2
- E66.813 – Obesity, class 3
- E66.89 – Other obesity not elsewhere classified
- 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

### 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

### Endocrine

E03.9 – Hypothyroidism, unspecified  
 E28.2 – Polycystic ovarian syndrome  
 R73.01 – Impaired fasting glucose  
 R73.02 – Impaired glucose tolerance test (oral)  
 R73.03 – Pre-diabetes  
 R73.09 – Other abnormal glucose  
 R73.9 – Hyperglycemia, unspecified

### 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 pregnancy  
 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

### 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' 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  
 K86.1 – Other chronic pancreatitis  
 K90.0 – Celiac disease