Medical Nutritional Counseling and Diabetes Self-Management Training

Policy

Mass General Brigham Health Plan reimburses participating providers for outpatient medical nutritional counseling and diabetes self-management training services for the management of a medical condition when medically necessary and ordered by the member's PCP or Mass General Brigham Health Plan treating provider.

Prerequisites

Authorization, Notification and Referral

Service	Requirement
Diabetes Self-Management Training	No Referral, Notification or Prior Authorization required
Medical Nutrition Therapy (MNT)	No Referral, Notification or Prior Authorization required
Home Nutritional Services	Prior Authorization required
Nutritional counseling as a component of a Mass General Brigham Health Plan Network qualified weight management program	Referral from PCP and Prior Authorization required for a weight management program
For HVMA Members	A referral number for most specialists is required for Mass General Brigham Health Plan members with a Harvard Vanguard Medical Associates PCP seeking non-emergency care outside of the Harvard Vanguard Medical Associates Network. Please verify that the member has the appropriate referral number prior to rendering care.

Limitations

Coverage includes, but is not limited to:

- Nutritional counseling for health problems or for members who have been determined to have a high potential for developing such health problems that might be avoided or made less severe through proper nutrition.
- Diabetes and Renal Diseases Management: Medical nutritional counseling services for Mass General Brigham Health Plan members with diabetes and/or renal diseases to help the members manage their disease.
- Home nutritional services when nutritional counseling services are part of a medically necessary home treatment plan with a defined goal, ordered by the member's PCP or Mass General Brigham Health Plan treating provider.
- Maternity pre-natal nutrition counseling services for diet regulation.
- Nutritional counseling as part of a Mass General Brigham Health Plan qualified weight loss management program.
- Nutritional counseling, both pre-op and post-op, for Mass General Brigham Health Plan members with prior authorization to undergo bariatric surgery.

Member Cost-Sharing

The provider is responsible for verifying at each encounter and when applicable for each day of care when the patient is hospitalized, coverage, available benefits, and member out-of-pocket costs; copayments, coinsurance, and deductible required, if any.

Definitions

Certified Diabetes Educator (CDE): A certified health care professional who possesses distinct and specialized knowledge, thereby promoting quality care for persons with diabetes. This certification is issued by the National Certification Board of Diabetic Education (NCBDE), by means of an evaluative process that demonstrates that rigorous eligibility requirements have been met.

Diabetic Self-Management Training (DSMT): Training and education furnished to individuals with pre-diabetes or diabetes rendered by a certified diabetes educator. The educational curriculum includes: disease process and treatment options; nutritional management; glucose monitoring; medication utilization; physical activities; stress reduction; prevention, detection and treatment of acute and chronic complications.

Dietitian: The Massachusetts Board of Registration of Dietitians/Nutritionists grants licenses as a

licensed dietitian/nutritionist (LDN) to qualified individuals who comply with the requirements of the statute. A Registered Dietitian (RD) additionally meets the qualifications of the Commission on Dietetic Registration (CDR). These professionals may perform a wide variety of services including but not limited to: individualized nutritional assessment; and individual or group nutrition counseling for wellness, disease or life style change.

Medical Nutrition Therapy (MNT): Nutritional, diagnostic therapy, followed by counseling services for the purpose of disease management which are furnished by a physician, registered dietitian, licensed dietician/nutritionist or other health-care provider with specific training in the provision of nutritional counseling.

Nutritional Counseling: An ongoing process in which a healthcare professional works with an individual to assess his or her usual dietary intake and identify areas where change is needed. The nutrition counselor provides information, educational materials, support, and follow-up to help the individual make and maintain the needed dietary changes.

Qualified Weight Management Program: A physician supervised program employing a combination of diet modification, physical activity, nutritional counseling, and behavioral modification that is part of Mass General Brigham Health Plan's Network and contracted to provide a comprehensive weight management program.

Mass General Brigham Health Plan Reimburses

The following provider types:

- PCPs and nurse practitioners providing medical nutritional therapy assessment and/or intervention reported with either evaluation and management service codes or preventative medicine service codes, in accordance with CPT guidelines.
- Services provided by a licensed dietician/nutritionist (LDN) providing nutritional counseling or a certified diabetic educator (CDE) when directly supervised by a contracted Mass General Brigham Health Plan physician. Submitted claims will be processed using the supervising physician's NPI. The physician must be enrolled with Mass General Brigham Health Plan on the date of service.
- A facility billing for the services of a salaried registered dietitian (RD), licensed dietitian/nutritionist (LDN), or certified diabetes educator (CDE). Submitted claims will be processed using the facility's NPI.

The following services:

- Nutritional counseling for disease management.
- Diabetes outpatient self-management training when rendered by a certified diabetes educator.
- Medical nutritional therapy services rendered by a PCP billed with evaluation and management service codes, or preventative medicine service codes.
- Home nutritional services when nutritional counseling services are part of a medically necessary home treatment plan.

Mass General Brigham Health Plan Does *Not* Reimburse

- Dietary supplements or foods, including but not limited to Optifast, Health Management Resources, and Medifast.
- Weight management programs not in the Mass General Brigham Health Plan Network and not contracted to provide a comprehensive weight management program, including but not limited to commercial diet plans; food services; weight management programs; health resorts, camps, lifestyle programs, and recreational programs.
- Diabetes training camps/programs.
- Independent nutrition groups not directly contracted with Mass General Brigham Health Plan.

Procedure Codes Applicable to Guidelines

Note: This list of codes may not be all-inclusive.

Code	Descriptor	Comments
0942	Other therapeutic services: education and training	For outpatient diabetes self-management training/ education services. CPT/HCPCS codes required
97802	Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes	
97803	Medical nutrition therapy; reassessment and intervention, individual, face-to-face with the patient, each 15 minutes	

Code	Descriptor	Comments
97804	Medical nutrition therapy; group (2 or more individuals), each 30 minutes	
G0108	Diabetes outpatient self-management training services, individual, per 30 minutes	Submit with a diabetes diagnosis
G0109	Diabetes outpatient self-management training services, group session (2 or more), per 30 minutes	Submit with a diabetes diagnosis
G0270	Medical nutrition therapy; reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition or treatment regimen (including additional hours needed for renal disease), individual, face-to-face with the patient, each 15 minutes	Use to report re-assessment after second referral and subsequent interventions in the same calendar year
G0271	Medical nutrition therapy; reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition or treatment regimen (including additional hours needed for renal disease), group, (2 or more individuals), each 30 minutes	
G8015- G8026	Physician Quality Reporting Indicator Codes (PQRI) for diabetic patients developed for the Medicare physician voluntary reporting program. Physicians should not bill for these codes	Not Reimbursable
S9140-S9145 S9455-S9465	Diabetic management program	Not Reimbursable
S9470	Nutritional counseling; dietician visit	For an authorized home treatment plan

Medical and Payment Policy Home Page
Medical Policies
Provider Payment Guidelines

Related Mass General Brigham Health Plan Payment Guidelines

Evaluation and Management (E/M) Services

References

Centers for Medicare & Medicaid Services, National Coverage Determination (NCD), Medical Nutrition Therapy, 180.1

MassHealth Acute Outpatient Hospital Bulletin 20, July 2007: Medical Nutrition Therapy and Diabetes Self-Management Training

MassHealth Community Health Center Bulletin 60, July 2007: Medical Nutrition Therapy and Diabetes Self-Management Training

MassHealth Physician Bulletin 86, July 2007: Medical Nutrition Therapy and Diabetes Self-Management Training

MassHealth Updates "Partners/MassHealth Operations Work Group July 10, 2007", Medical Nutrition Therapy

Mass. Division of Professional Licensure: Dietitian & Nutritionists, Facts for Consumers from the Massachusetts Board of Registration of Dietitians and Nutritionists, accessed October 21, 2009

Publication History

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July 5, 2011	*Authorization, cost sharing, Mass General Brigham Health Plan reimburses, provider type relocated, Mass General Brigham Health Plan does not reimburse independent nutrition groups added, and disclaimer updated*

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January 1, 2025	*Annual review, no policy change*
June 26, 2026	*Added links for Medical and Payment Policies*

This document is designed for informational purposes only. Claims payment is subject to member eligibility and benefits on the date of service, coordination of benefits, referral/authorization/notification and utilization management guidelines when applicable, adherence to plan policies and procedures, claims editing logic, and provider contractual agreement. In the event of a conflict between this payment guideline and the provider's agreement, the terms and conditions of the provider's agreement shall prevail. Payment policies are intended to assist providers in obtaining Mass General Brigham Health Plan's payment information. Payment policy determines the rationale by which a submitted claim for service is processed and paid. Payment policy formulation takes into consideration a variety of factors including: the terms of the participating providers 'contract(s); scope of benefits included in a given member's benefit plan; clinical rationale, industry-standard procedure code edits, and industry-standard coding conventions.

Mass General Brigham Health Plan includes Mass General Brigham Health Plan, Inc., and Mass General Brigham Health Plan Insurance Company.