

MEDICAL NUTRITION THERAPY



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Medical Nutrition Therapy is one of the preventive services that is covered by Medicare.

What is it?

Medical Nutrition therapy (MNT) is a key component of diabetes education and management. MNT is defined as a “**nutrition** diagnosis as well as **therapeutic** and counseling services to help manage diabetes.

Things to Know:

MNT can be a very effective component of the overall management plan for a number of common diseases. Some of these diseases are:

- Diabetes
- Heart Disease
- Cancer
- Digestive Conditions
- Kidney Disease

Who's covered?

Certain people who have any of these:

- Diabetes
- Renal disease (people who have kidney disease, but aren't on dialysis)
- Have had a kidney transplant within the last 3 years

Your doctor needs to refer you for this service.

How often is it covered?

Medicare covers 3 hours of one-on-one counseling services the first year, and 2 hours each year after that. If your condition, treatment, or diagnosis changes, you may be able to get more hours of treatment with a doctor's referral. A doctor must prescribe these services and renew your referral yearly if your treatment needs to continue into another calendar year.

Your cost if you have Original Medicare

You pay nothing for these services if the doctor accepts assignment.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at alcastellanos@prinsuco.com.