Payment Policy CPP_53
Medical Nutrition Therapy and Nutritional Counseling

BlueCross BlueShield of Vermont
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bluecrossvt.org

Last Review: November 12, 2026
Next Review: November 12, 2028
Effective Date: February 01, 2027

Policy Statement

Medical nutrition therapy and nutrition counseling are terms that are frequently used interchangeably.

Blue Cross VT will consider payment for up to ninety (90) minutes per session providing medical nutrition therapy, initial assessment and intervention.

Blue Cross VT will consider payment for up to sixty (60) minutes per session providing medical nutrition therapy, or reassessment and/or intervention(s).

The therapy documentation must include an assessment of the member's overall nutritional status for the development of an individualized goal-oriented plan for the prevention or treatment of a medical condition.

Related Policies

Medical Policy: Medical *Nutrition Therapy and Nutritional Counseling*
Medical Policy Payment Policy: *Telemedicine and Telehealth*
Payment Policy: T*elephone-Only*
Quality Policy: *Site Visit and Medical Record Keeping*

Policy Implementation/Update Information

This policy was originally implemented on 08/01/2026

Date of Change	Effective Date	Overview of Change
05/07/2026	08/01/2026	New payment policy.
11/12/2026	02/01/2027	Updated policy statement regarding payment for up to ninety (90) minutes per session for medical nutrition therapy initial assessment.

Approved By:

Tom Weigel, MD

_____ 11/18/26

Tom Weigel, MD Date
Chief Medical Officer

Margaret Pinello-White

_____ 11/18/26

Margaret Pinello-White Date
Chief Administrative Officer