

Last Review: May 07, 2026
Next Review: May 07, 2028
Effective Date: August 01, 2026

Policy Statement

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

Blue Cross VT will consider payment for up to one (1) hour per session regardless of time spent providing therapy, on initial evaluation or re-evaluation. 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: *Telephone-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
May 07, 2026	08/01/2026	New payment policy.

Approved By:

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