Referring your patients for Medicare Medical Nutrition Therapy Services…As Easy As 1, 2, 3

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Medical Nutrition Therapy (MNT) improves patient outcomes, quality of life and lowers health-care costs.

Medicare covers outpatient MNT provided by Registered Dietitians (RDs) for beneficiaries with diabetes, chronic renal insufficiency/end-stage renal disease (non-dialysis renal disease) and/or post kidney transplant.

MNT includes nutritional diagnostic, therapeutic and counseling services for the purpose of disease management. Qualifying patients generally receive three hours of MNT in the first year and two hours of MNT in subsequent years. For changes in medical diagnosis, condition or treatment, Medicare covers additional hours of MNT.

Please take these few easy steps to ensure your patients are eligible to receive MNT.

1. Medicare requires a physician/provider order for patients to see an RD for MNT. When making a referral be sure to:

    ✓ Include the diagnosis and diagnosis code(s) for diabetes or non-dialysis kidney disease.

    ✓ Send recent lab data and medications with the referral form.

    ✓ Document the medical necessity for MNT in the patient's medical chart.

2. Encourage your patients, or have your nurse make an appointment with an RD at your local hospital out-patient clinic, physician clinic or the registered dietitian's private practice office.

3. When additional hours of MNT are needed for your patient, another referral and medical record documentation is needed.

To find an RD in your area, go to the "Find a Nutrition Professional" section on the American Dietetic Association's Web page; www.eatright.org, or call ADA's Nationwide Nutrition Network at 800/366-1655.

Registered Dietitians are health-care professionals who provide medical nutrition therapy and preventive nutrition counseling. RDs have:
- a bachelor's degree; most have advanced degrees
- completed an accredited practice/training program in nutrition
- certification and a nationally recognized credential
- professional education requirements.