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The Department of Vermont Health Access Clinical Criteria

Subject: Medical Nutrition Therapy – Registered Dietitian Services
Last Review: November 8, 2023*
Past Revisions: July 1, 2021

***Please note: Most current content changes will be highlighted in yellow.**

Description of Service or Procedure

Medical nutrition therapy is limited to services provided by registered dietitians (RD) and registered dietitian nutritionists (RDN) who have met the Commission on Dietetic Registration's criteria to earn the RD credential and are certified to practice in Vermont.

Medical nutrition therapy, including diagnostic and counseling services, is covered when medically necessary and prescribed by a qualified health professional (physician, physician assistant, nurse practitioner, osteopath, naturopath) for the management of a nutrition related medical condition.

Other qualified medical professionals may provide nutrition counseling as within their scope of practice, but this service must be billed under evaluation and management services.

Disclaimer

Coverage is limited to that outlined in Medicaid Rule or Health Care Administrative Rules that pertain to the member's aid category. Prior Authorization (PA) is only valid if the member is eligible for the applicable item or service on the date of service.

Medicaid Rule

Medicaid and Health Care Administrative Rules can be found at <https://humanservices.vermont.gov/rules-policies/health-care-rules/health-care-administrative-rules-hcar/adopted-rules>

- 7102.2 Prior Authorization Determination
- 4.101 Medical Necessity for Covered Services
- 4.104 Medicaid Non-Covered Services
- 4.106 Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Services



Coverage Position

RD or RDN services may be covered for members:

- When the services are prescribed by a licensed medical provider enrolled in the Vermont Medicaid program, operating within their scope of practice as described on the Vermont Office of Professional Regulation's website*, Statute, or rule who is knowledgeable regarding dietitian services and who provides medical care to the member AND
- When the clinical criteria below are met.

* Vermont's Office of Professional Regulation's website: <https://sos.vermont.gov/opr/>

Coverage Criteria

RD or RDN services may be covered for members who:

- Have a nutrition related medical condition, either acute or chronic, that requires an individual treatment plan more involved than basic nutrition counseling that might be provided by a primary care provider; AND
- The RD or RDN is working in conjunction with their primary care provider or multidisciplinary team to determine the member's daily food intake, level of physical activity, medication and other factors that contribute to poor nutritional status.

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT): Vermont Medicaid will provide comprehensive services and furnish all Medicaid coverable, appropriate, and medically necessary services needed to correct and ameliorate health conditions for Medicaid members under age 21.

Please note, Vermont Medicaid Clinical Criteria is reviewed based on available literature, evidence-based guidelines/standards, Medicaid rule and policy, and Medicare coverage determinations that may be appropriate to incorporate when applicable.

Type of service or procedure covered

Outpatient individual and group sessions are allowable.

Telehealth sessions are allowable, if appropriate.

Type of service or procedure not covered (this list may not be all inclusive)

Referral to individuals who are not registered dietitians or registered dietitian nutritionists certified in Vermont. A referral may not be made to an individual who is registration eligible and not yet registered as a dietitian with the Commission on Dietetic Registration.

Coding guidelines

Please see the Medicaid Portal at <http://vtmedicaid.com/#!/feeSchedule> for fee schedules, code coverage, and applicable requirements.

CPT Code	CPT Code Description
97802 (limited to 1 visit per year)	Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes
97803	Medical nutrition therapy; re-assessment and intervention, individual, face to face with the patient each 15 minutes
97804	Medical Nutrition Therapy; group (2 or more individual(s)), each 30 minutes

References

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- Morgan-Bathke, M., Raynor, H. A., Baxter, S. D., Halliday, T. M., Lynch, A., Malik, N., Garay, J. L., & Rozga, M. (2022). Medical nutrition therapy interventions provided by dietitians for adult overweight and obesity management: An Academy of Nutrition and Dietetics evidence-based practice guideline. *Journal of the Academy of Nutrition and Dietetics*, 123(3). <https://doi.org/10.1016/j.jand.2022.11.014>
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- Panoff, L. (2020, February 18). *What is medical nutrition therapy? All you need to know*. Healthline. <https://www.healthline.com/nutrition/nutrition-therapy>
- Tempest, M. (2012, January). Counseling the outpatient bariatric client. *Today's Dietician*, 14(1), p. 38. <https://www.todaysdietitian.com/newarchives/011012p38.shtml>
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