



# Increase Medical Nutrition Therapy UTILIZATION AND REIMBURSEMENT

Medical Nutrition Therapy (MNT) is a process that assesses a patient’s nutritional status and creates a customized nutrition plan that caters to their specific health goals, preferences, and needs. MNT is provided by Registered Dietitian Nutritionists (RDNs) who offer personalized, evidence-based nutrition counseling and education, help patients with behavior change, and continuously monitor and evaluate their progress towards their nutritional needs and health objectives.

**Referring patients to an RDN for MNT has been shown to improve health outcomes, including blood glucose control, blood pressure management, and weight loss.**

## Medicare covers 8 Preventive Services for Nutrition-Related Health Conditions

Annual Wellness Visit	Intensive Behavioral Therapy for Cardiovascular Disease
Screenings for Cardiovascular Tests	Intensive Behavioral Therapy for Obesity
Screenings for Diabetes	Medical Nutrition Therapy (MNT)
Diabetes Self-Management Training (DSMT)	Medicare Diabetes Prevention Program (MDPP)

## Get Started with Medical Nutrition Therapy (MNT) Referrals

<b>Step 1: Initiating the MNT Referral Process:</b> Provide the RDN with the necessary patient and client information to initiate MNT:	<b>Step 2: Optimize your EHR for MNT Referral and Ongoing Services</b>	<b>Step 3: Strengthen and Build Your Community Network including Patients &amp; their Care Partners</b>
<ul style="list-style-type: none"> <li>--Document the medical necessity for MNT in the patient’s medical record.</li> <li>--Provide a completed and signed referral form to enable RDNs to provide and submit claims for the MNT service(s).</li> <li>--Keep the original referral form in the medical record and retain a copy in the nutrition office.</li> </ul>	<ul style="list-style-type: none"> <li>--Make sure RDNs are included in the list of providers to receive patient/client records and the Continuity of Care Document (CCD), as part of the referral process.</li> <li>--Under the Merit-based Incentive Payment System (MIPS), eligible clinicians must be able to send and request/accept a summary of care document using consolidated-clinical document architecture (C-CDA) from a certified EHR to meet reporting requirements.</li> </ul>	<ul style="list-style-type: none"> <li>--Initiate collaborations with RDNs and other healthcare providers to build a robust community network. <i>For example, food service programs, congregate settings, community-based organizations, and health care institutions (nursing homes, hospitals, senior living communities/facilities).</i></li> <li>--Establish a referral feedback loop. Let the RDN know you referred a patient and would like to get a follow-up on the patient’s attendance/progress. <i>For example, therapists, licensed counselors, social workers, and other mental health professionals.</i></li> <li>--Provide patients and their care partners with nutrition education resources to support healthy eating goals. <a href="#">Click here to download Alliant Health Solutions Patient-facing resources.</a></li> </ul>

# MNT Decision Guide for Patients with Diabetes, Non-Dialysis Kidney Disease or Kidney Transplant During the Last 36 months

		Activities	Additional Information
<p><b>Is your patient eligible for Medical Nutrition Therapy (MNT), or have they been referred for it?</b></p>	<p><b>YES</b></p>	<ol style="list-style-type: none"> <li><a href="#">Complete the MNT referral form</a></li> <li><b>Verify if patient has attended MNT in the last 12 months.</b> If so, confirm how many hours they have utilized.  Note: <a href="#">Medicare</a> covers three hours of MNT for the <b>initial year of referral</b> and up to two hours of MNT for subsequent years. Additional sessions may be covered in the same calendar year with a <b>second referral</b> when further MNT is medically necessary due to a change in diagnosis, medical condition, or treatment regimen.</li> <li><b>Share this tool with patients to help them understand how a registered dietitian can develop a personalized nutrition plan.</b> <a href="#">What You Need to Know About Meeting with a Registered Dietitian Nutritionist</a></li> </ol>	<p><b>Pro tip!</b> Use these guides to learn about patient eligibility and reimbursement for diabetes self-management training (DSMT):</p> <ul style="list-style-type: none"> <li><a href="#">Diabetes Self-Management Training (DSMT) Provided by Diabetes Care and Education Specialist (CDCES)</a></li> <li><a href="#">Reimbursement Benefit for Medicare Diabetes Self-Management Training</a></li> </ul> <p><b>Additional Support!</b></p> <ul style="list-style-type: none"> <li>Join the <a href="#">Academy's Payment and Reimbursement Office Hours</a> on the first and third Wednesday of every month from 2-3 p.m. CT.</li> <li>Help patients find an RDN near them: <a href="http://www.eatright.org/find-a-nutrition-expert">www.eatright.org/find-a-nutrition-expert</a></li> </ul>
	<p><b>NO</b></p>	<ol style="list-style-type: none"> <li><b>Use this guide to initiate the MNT referral process.</b> <a href="#">Initiate Timely Referrals To Registered Dietitian Nutritionists (RDNs) To Slow The Progression Of Chronic Kidney Disease (CKD) and Diabetes</a></li> </ol>	
<p><b>Has your patient attended a Medical Nutrition Therapy session (MNT)?</b></p>	<p><b>YES</b></p>	<ol style="list-style-type: none"> <li>Contact the Registered Dietitian for a summary of the visit and to develop a <b>comprehensive, personalized nutrition plan</b> and health goals for your patient.</li> </ol>	<p><b>Did you know?</b></p> <p>MNT services and the RDN are part of HIPAA's "Chain of Trust," allowing healthcare professionals to use and disclose a patient's protected health information for medical treatment or services coordination without written authorization.</p>
	<p><b>NO</b></p>	<ol style="list-style-type: none"> <li><b>Share this tool with patients to help them understand how a registered dietitian can develop a personalized nutrition plan.</b> <a href="#">Everything You Need to Know About Meeting with a Registered Dietitian Nutritionist (RDN)</a></li> <li>Use <a href="#">Motivational interviewing</a> techniques to help patients overcome the barriers that prevent them from participating in treatment and achieving their goals. is an effective technique that can be used to overcome patient barriers to participation.</li> </ol>	<p><b>Did you know?</b></p> <p>Registered dietitian nutritionists and nutrition professionals are approved to offer the following Medicare Part B services via telehealth.<sup>1</sup></p> <p>Expand your reimbursement capacity by using this guide to appropriately use and bill for <a href="#">Z Codes</a> when addressing patient barriers related to Social Determinants of Health.</p>

<sup>1</sup> Academy of Nutrition and Dietetics