**How do I see a SmartEater Dietitian with my insurance?**

You need to first identify the type of insurance (HMO, PPO, or Medicare), and refer to the following table to see if you fulfill the requirement according to your insurance plan.

|  | HMO | PPO | MEDICARE |
| --- | --- | --- | --- |
| IPA / insurance carriers | Allied Pacific IPA  Advantage Health Accountable Health Network IPA  Advantage Care  Advanced Primary Care Network, IPA  Arroyo Vista FHC  Central Health Plan  Greater Orange MG  Greater San Gabriel Valley Physicians IPA  Hispanic Physician Association  Maverick /Prospect Medical  Please call for the most updated list if you cannot find your HMO plan above. | Health Net  Blue Cross Anthem  Blue Shield | Medicare Part B |
| Physician referral / Authorization needed? | Yes | No | Yes |
| Medical condition needed | Medical necessity | Based on individual plan. Example of diagnosis:  Diabetes, obesity, hypertension, hyperlipidemia, underweight, bariatric surgery, eating disorders | Diabetes  Renal disease Stage 4 (non dialysis) |
| Coverage | upon approval  copay may vary | medical condition needed and coverage is specific to each insurance plans | 1 assessment, 4 follow-ups per year |
| Please make sure | Authorization letter, insurance and ID to be brought to the appointment | Call ahead to ensure coverage before setting up an appointment | MD referral must be obtained before appointment |

\* Above information are subject to change.

For all HMO insurance holders, please request the visit from your family doctor first.

For all PPO insurance holders, please provide us with all of your information so that we can call and verify eligibility and coverage before setting up an appointment

Appointments are usually scheduled 2-3 weeks ahead of time.