

Big Sky Nutrition & Wellness

Virtual Expansion and Insurance

We are Expanding Services

Big Sky Nutrition and Wellness is going virtual and expanding our services to serve the entire state of Montana and more! We are now serving the states listed below.

If the state is highlighted blue we will be providing weight control (weight loss/gain) services ONLY.



We offer Medical Nutrition Therapy for all disease states, preventative care, and wellness for all ages.

CONTACT US:

Tel: 406-850-0216
Fax: 855-738-7798

HIPPA - APPROVED
Telehealth – Virtual
Appointments

Alabama	Hawaii	New York
Alaska	Idaho	North Carolina
Arizona	Illinois	North Dakota
Arkansas	Indiana	Oklahoma
California	Kansas	Oregon
Colorado	Louisiana	Pennsylvania
Alabama	Maine	South Carolina
Alaska	Massachusetts	Texas
Arizona	Michigan	Utah
Arkansas	Minnesota	Vermont
California	Mississippi	Virginia
Colorado	Missouri (Beth only)	Washington
Connecticut	Nebraska	West Virginia
Delaware	New Hampshire	Wisconsin
Florida	New Jersey	Wyoming
Georgia (Kandis only)	New Mexico	

DO YOU QUALIFY FOR OUR SERVICES

- | | |
|--|--------------|
| 1. Do you live in a state we provide services in? | Yes Required |
| 2. Do you have a medical condition? | Yes/No |
| 3. Do you have concerns about your weight (gain/loss)? | Yes/No |
| 4. Are there foods that make you feel sick? | Yes/No |
| 5. Do you want to improve your health with nutrition? | |
| 6. Do you want learn how to optimize your health and energy? | Yes/No |

You must answer yes to #1 and one additional question



Beth Hall RDN

Beth's passion is to help people develop a nutrition plan to manage illnesses and heal the body.

Beth earned her Bachelor of Science in Nutrition & Dietetics from the University of Idaho. Beth also studied at the Royal Academy of Veterinary and Agricultural Sciences in Copenhagen, Denmark and Rutgers University.

Beth has built several specialized nutrition programs and published her research improving clinical outcomes. Just to name a few:

- Oncology nutrition during treatment and survivorship
- Surgical and gastric nutrition to reduce complications and improve outcomes
- Nutrition support program to improve access to education and decrease complications

Specialized Training:

- Body Image Training
- Eating Disorder, Intuitive Therapy
- Behavior Change, Food Addiction
- Sports Nutrition
- Weight loss without a diet
- Oncology Nutrition
- Lactation Counseling
- Strong Women, Strong Bones



Specialties

Eating Disorders
 Digestive wellness
 Weight management
 Bariatric Nutrition
 POTS
 Sports Nutrition
 Cancer Nutrition
 PCOS
 And more

Medical Nutrition Therapy & Insurance

Navigating your insurance can be tricky when you don't know where to begin. The good news is majority of Montana employers have chosen to include MNT (medical nutrition therapy) in employee benefits. Which means you have access to evidenced based nutrition education that is specific to your health and goals.

No two insurance plans are the same, so how do you find out if you have MNT benefits. See our quick guide below.

If your insurance doesn't not have MNT benefits that is ok.

At BSNW we strongly believe everyone should have access to sound nutrition guidance, so we can work directly with you on self pay rates to fit your budget.

We are providers for:

- ✓ Allegiance
- ✓ Cigna (Medical)
- ✓ BCBS of MT
- ✓ First Choice Health
- ✓ InterWest
- ✓ Medicaid
- ✓ Medicare
- ✓ PacificSource

Q: How do I know in my insurance covers MNT

A: Use our quick guide to help.

What to ask your insurance company	
Do I have benefits for codes 97802 & 97803	
Do my benefits require a specific diagnosis (obesity, diabetes, anorexia)	
Is a physician referral required	
Do I have a deductible to meet, how much	
What is my co-pay for nutrition counseling	

Kandis Grose RDN

Kandis earned her Bachelor of Science degree in Nutrition from Oregon State University. She then completed her coordinated Masters and Dietetic Internship program at Lamar University.

Kandis has extensive counseling experience working with clients needs ranging from nutrition therapy for disease states, emotional eating, food allergies, disordered eating, weight management and more.

Kandis believes in finding a health and wellness plan that caters to each individual's lifestyle and needs. She encourages you to stop dieting, enjoy life through making small, achievable changes that are unique to each client that will lead to sustainable success.



Specialties

PCOS Nutrition
Food allergies & intolerance
General Health & Wellness
Weight management
Sports Nutrition
Eating Disorders
Cancer Nutrition
More



Physician Referrals – Get ONE

It is in your best interest to get a physician referral for MNT to allow us to more options for billings your insurance.

If you have an HMO insurance plan you are required to have a referral for medical nutrition therapy.

Request your provider fax your most recent visit or a History and Physical along with you're a complete list of active diagnosis.

Ask for:

- ✓ Note from a comprehensive medical appointment
- ✓ A list of active diagnosis
- ✓ Labs
- ✓ Referral for Medical Nutrition Therapy

Faxed to: 855-738-7798



Nutrition
therapy