

GUIDE

Does insurance cover a dietitian?

Sometimes. Medicare covers MNT for diabetes and kidney disease with a referral. Private plans vary. Check your own plan before you book.

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Sometimes. Coverage depends on your plan, your diagnosis and whether the dietitian is in network. Rules vary by country, plan and year. Check your own plan before you book.

Medicare (US)

Medicare Part B covers medical nutrition therapy (MNT) for eligible people. Medicare.gov says you qualify if you have diabetes or kidney disease, or a kidney transplant in the last 36 months, and a doctor refers you. A registered dietitian or a nutrition professional who meets certain requirements provides the service. [Medicare.gov, accessed 2026-11-13.]

CMS says the first year of coverage includes 3 hours of MNT services. Each later calendar year includes 2 hours of follow-up services. If you qualify, you pay nothing. [CMS National Coverage Determination 180.1, accessed 2026-11-13.]

Private insurance (US)

There is no single rule. Each insurer sets its own policy. Aetna's clinical policy bulletin 0049, for example, treats nutritional counselling as a medically necessary preventive service for children and adults with obesity, and for adults who are overweight with cardiovascular risk factors such as hypertension, dyslipidaemia, impaired fasting glucose or metabolic syndrome. It also covers counselling for chronic conditions such as diabetes, eating disorders, gastrointestinal disorders, hypertension, kidney disease and others where diet has a therapeutic role, when a qualified provider delivers it. [Aetna CPB 0049, accessed 2026-11-13.]

Your plan may limit the number of visits, require a referral, or require the dietitian to be in network. Healthline advises checking your summary of benefits, asking the insurer directly, and asking the dietitian's office which plans they accept. [Healthline, accessed 2026-11-13.]

Canada, the UK, Australia and Ireland

Coverage works differently outside the US. In Canada, many employer and provincial plans cover registered dietitian visits, and some provincial programs cover specific conditions. In the UK, the NHS covers dietitian care through GP referral in many cases; private visits are self-pay. In Australia, private health extras cover dietitian visits to varying degrees, and some chronic disease programs include them. Always confirm with your own insurer or health service.

Before you book

1. Ask the practice which insurers they bill and whether they are in network.
2. Call your insurer. Ask about visit limits, referral requirements and your copay.
3. Ask the practice for a superbill if you pay up front and claim later.

A listing on this site does not confirm insurance acceptance. The practice's own website is the source.

Sources

All sources fetched and checked 2026-11-13:

- Medicare.gov: Medical nutrition therapy services
- CMS: National Coverage Determination 180.1, Medical Nutrition Therapy
- Aetna Clinical Policy Bulletin 0049: Nutritional Counseling
- Healthline: How Much Does a Dietitian Nutritionist Cost?

Frequently asked questions

Does Medicare cover dietitian visits?

Yes, for medical nutrition therapy, if you have diabetes, kidney disease, or a kidney transplant in the last 36 months, and a doctor refers you. You pay nothing if you qualify.

Will my private insurance cover a dietitian?

It depends on the plan. Many plans cover nutrition counselling for obesity, overweight with heart-risk factors, or chronic conditions, but rules, visit limits and network requirements differ. Call your insurer or check your summary of benefits.

Sources

medicare.gov — https://www.medicare.gov/coverage/medical-nutrition-therapy-services
cms.gov — https://www.cms.gov/medicare-coverage-database/view/ncd.aspx?NCDId=252
aetna.com — https://www.aetna.com/cpb/medical/data/1_99/0049.html
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