

Ask a biller Dietitian Insurance Billing Video

I spent 2 hours watching this video and taking very comprehensive notes on insurance billing and contracting for our field. I knew this video would be extremely important because eventually in my career I want to open my own practice and this is a crucial aspect to running a business and taking care of both you and your clients. This learning experience shifted my thoughts and perspective on the business side of dietetics because many healthcare professionals think about the care side but fail to consider these aspects but without putting these tools in place you will not only have a failing business but fail your clients as well. This video helped me understand that insurance acceptance is not just a burden that we all have to deal with but it's a strategic tool for expanding access to care, help increase your patient volume and enhance your professionalism in your community.

The content within this video changed my thinking because it highlighted the multilayered nature of insurance in our field. I previously associated insurance with nuanced paperwork, delays and mostly the consumer side of things. But after, I learned there are a lot of pros and cons when it comes to insurance. The pros of accepting insurance dramatically increases patient accessibility (for both in network and out of network), it provides a secondary marketing tools through directories and boost your likelihood to get a referral to your office. I have many views on this from a patient perspective that I would like to add that helped me understand this video more because of my past understanding. I have had Tricare while in the military and Tricare after I retired from the military but both my family and my in laws have 2 different types of insurance. To my understanding, my wife and I have one of the best and cheapest insurance that not only allows us to see any provider but at a

very low cost. This made me research a lot of topics related to insurance because I know many people are not in the same situation as I am and I am grateful that I don't have to deal with some of the difficulties people face when buying insurance or dealing with the denials while seeking out treatment. Continuing with the cons, however, the initial steep investment of getting into the insurance, the learning curve for claims processing (which can be very nuanced), the variability of coverage by company and state, and the fear of the investment at first with low volume of patients. These are all things to consider when trying to find out how and where you want to start your journey at.

I think I will start my career with the VA and eventually move into private practice, but I think everything I learned from this video can help both aspects of my future career. I think I can apply this knowledge by prioritizing insurance early when I finally create my own practice, but I think rather than seeking all insurance contracts I think I would rather seek out state and military insurance to help those that I worked besides for years. This experience also helped me understand that using targeting network research to help me make informed decisions could give me the boost I need when I get my start. I am not sure if everything I learned will remain the same when I start m private career and I am hopeful that it will change for the better because there are a lot of changes that could simplify and improve the current system. But I saved this video for my future use because I think by organizing my tools, I learned from all the courses is the key to my success for not only passing the class and the exam but for my career as well.

Moving along to the coding for MNT, I learned a lot that gave me knowledge that was simpler than I thought it was going to be, but it helped me with the assignment that was do

along with these videos. The only challenge I had throughout this was pausing and resuming the video by taking notes and looking further into the information they were presenting. Some things that I would have never thought of before I started this video was the investment required, which are the credentials process that could take months, the coverage variability that are limitless and at times confusing and the limits to specific diseases. Overall, I think this this experience was very useful and while it helped bridge the gap for our upcoming assignment it will also help all of us when we seek a career in dietetics.

CMS 1500 form walk through video

This video was extremely useful and full of knowledge, but I really appreciated the walkthrough process. The video offered a very detailed, step by step guide to help us future dietitians submitting claims for MNT services. This experience helped deepen my appreciation for the detail required in billing and making me think about how claim forms are not just clerical paperwork but a critical process for revenue integrity, compliance and a foundation to your practice. I think this video is crucial for my future career and just like that last video, it helped me think about the business side of things instead of our usual care side, but both parts are extremely important for you and your client to have the best care possible. When I thought about these kinds of things in the past, I thought it was very nuanced, straight forward but after watching the video I learned that the slightest omission could trigger denials, delays or even worse audits. While I have been a consumer of this side of things, I can understand how much work can go into this and after everything you do, a slight mistake could cause frustration for both you and the clients. I have had plenty

of my surgeries denied because of these kinds of slight mistakes in coding but moving forward when I practice, I will ensure that I put all my attention into these because cause delays in your payments but also is frustrating to your clients.

The takeaways from this video were the step-by-step instructions that mapped out the entire process into one simple video. I won't dive into all the steps, but I took very detailed notes and screenshots of each step to make sure that I could complete the assignment but use in the future as well. It not only was step by step but very educational that helped me rationalize how to complete these tasks with minimal errors and I think should not only be kept in the program, but I think bringing it back into the program every now and then throughout the courses to give us a refresher to ensure we are prepared for our career. Lastly, while this reflection was short and concise, it directly reflects my learning experience because the way it was delivered was straight to the point and educational without distracting the audience with unnecessary information.

Primary Care plus how a registered dietitian nutritionist adds value to your practice reflection

This video was important because it gives us a voice in the healthcare community and while I think it is important for us to learn how we can add value I think this video should be shared to all doctors to give them a better understanding of how we can add value to their practice. It helped frame us as essential partners in a world where chronic disease is a vastly growing burden across the lifespan. This experience helped reframe how we can help care teams but also is very cost effective for not only the practice but the clients as well. Before this video, I understood that we are important in the care team, but I think we all

have a bias in this department, but I don't think I ever thought about the cost effectiveness among other factors.

The content in this video mentioned a lot empowering and alarming statistics that I will not go into, but it only emphasizes why we are crucial for not only a care team but having us within a practice. Throughout the lifespan, they also mention chronic diseases, psychosocial issues, and long-term data on adult morbidity. Everything they mentioned, really made me think about this crisis and how we can assist but without empowering the entire care team and having effective communication the clients may not receive the care they need. This data made me think about my future career in early preventative care and how I might want to think about workflow, case management follow-ups, group visits and working in a multidisciplinary clinic. Overall, this video was very data driven and while it is useful for letting us know our worth within a care team, but as I mentioned before, if this video was shared with care teams it could be more impactful. By allowing RDNs into a practice, it evolves the care team and saves the clients' money and time. From my personal experience, having to use the referral system and take hours out of my day researching who to see and then driving there is very hectic. But having to do this for not only you but an entire family could be very time consuming but having us integrated into the care team or building it helps clients keep their most asset, which is time.

ICD-10-CM reflection

While talking to classmates, it is my understanding that I completed the lesson before the new year and in 2026, they removed the modules or the link. I believe the first module is the

same as the new one but after I completed this reflection, I went back to view the new lesson, just to see if I missed any new information. I downloaded all three volumes to keep for my future use, but when I took the exam, it was very straight forward and allowed me to conceptualize everything and by being interactive and reviewing the volumes as you learn was very useful. Before I go into the actual reflection, I have done similar assignments during my undergrad, but it was within the course and not an outside link and I think this was more comprehensive than the previous one.

While I was completing the first lesson before it was removed from the site, I found it very difficult because the site kept crashing and I had to forcibly reload the site and restart the modules. At one point, during my forcible reload it said I completed all modules, and I just had to complete the exams at the end. However, I wanted to take advantage of this learning opportunity, and I had to start from the beginning, but I completed all modules and exams. Then after I learned about the new site and link, I was having the same issues with this site as well. When I would complete 4-6 modules the site would crash and I would have to forcible reload and it didn't give me an opportunity to start where I left off, and I had to start from the beginning again. However, unfortunately with the new modules, I could not get to the certificate process because there was a glitch in one of the modules with the easy, medium and hard questions and it wouldn't let me enter the answers so therefore I could not complete it in full. I tried to refresh, disable AdBlock and plenty of other options but nothing worked.

The reflection on the actual modules was very informative in both type of modules. I learned a lot throughout the process, but I think King's should take these modules and

create their own learning modules, if possible, because of my experience from the above paragraph. While I mentioned that it was very informative the frustration aspect of restarting and not being able to complete certain modules and therefore not being able to complete the certification on the second website. I think having the modules within our program could make the experience better and be able to access it throughout the rest of the program for future use. Overall, I don't know my classmates experience but this learning experience was very frustrating but through it all, I did walk away with a lot of new information that I think if we had to do this during our summer courses it would have been very overwhelming and I don't think we would have not been able to complete it.