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## MENTAL HEALTH BRIEF

### News For You



Our *Mental Health Brief* helps you stay up-to-date on Blue Cross Blue Shield of Massachusetts news that affects your practice.

### Light box therapy to treat seasonal affective disorder (SAD)

When medically necessary, Blue Cross covers the following for our commercial members to treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light:

- Therapeutic light boxes, minimum 10,000 lux, tabletop model (E0203)
- Replacement bulbs for therapeutic light box, tabletop model (A4634)

For more information, see our [light box therapy fact sheet](#) for providers.



### Do you prescribe antipsychotic medications?

#### Educate your patients and their families on metabolic monitoring

Patients taking antipsychotics have a higher chance of developing metabolic health risks including obesity, diabetes, and high cholesterol. As antipsychotics become more commonly used to treat children and adolescents who are living with psychiatric symptoms, it is important to monitor adverse effects and potential impacts they may experience.

#### Coordinating care for better health outcomes

You play a key role in coordinating care with your patients' medical providers. Engage with your patients' PCPs to make sure that screenings are completed, and patients have appropriate medical follow-up. Collaboration of care among PCPs and behavioral health providers is vital to comprehensive treatment for patients with co-existing medical and behavioral health conditions.

The American Diabetes Association and American Psychiatric Association recommend that children taking certain antipsychotics **have annual screenings for both:**

1. Blood glucose (HbA1c)
2. Cholesterol (LDL-C)

**New digital tools supplement mental health support for patients**



We have recently introduced new digital tools and resources to our members to expand critically needed access to mental health support. These include:

- [Learn to Live](#) is a self-guided, 24/7 online tool with modules in English and Spanish for managing social anxiety, depression, stress, anxiety and worry, insomnia, and moderate substance use. It is available to fully insured members 13 and up and self-insured accounts that offer this program.
- Virtual psychiatry visits for eligible members in every state through our national telehealth platform, [WellConnection](#).
- [Brightline](#) for children, teenagers, and their families. Brightline is a comprehensive mental health solution offered through video visits that gives families access to coaches, therapists, psychiatrists, and speech therapists who work together in a multidisciplinary approach. Brightline has an accessible digital platform with personalized resources for common challenges, like back-to-school transitions and ADHD.

You can read more about each of these digital programs in our Coverage news article, "[Help at your fingertips.](#)" where Senior Medical Director Dr. Gregory Harris stresses that these programs are not a substitute for treatment, but can help people get the tools they need to forestall treatment.

### Keeping your directory information accurate is important

When looking for care, patients rely on our online directory, Find a Doctor & Estimate Cost, for accurate information about you and your practice. This is also a contractual requirement for all providers in our network. If you haven't reviewed your information lately, please take the time to review it now by following the instructions [here](#).



**COVID-19  
INFORMATION**



**OPIOID RESOURCE  
CENTER**



**PRIOR  
AUTHORIZATION  
GUIDELINES**



**TREATMENT  
RESOURCES**

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#### Need Provider Central help?

Email us: [providercentral@bcbsma.com](mailto:providercentral@bcbsma.com)

Call us: **1-800-771-4097**, Option 2  
Available Mon - Fri, 8 a.m. - 4 p.m.

#### Email changes?

To update your email address or user profile, [log in](#) and click My Profile on the upper right-hand side of the home page.

Have your billing agency (if you use one) register for Provider Central to work on your behalf. [Learn how](#).

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