

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.

Our Mental Health Advocates can help your patients find ABA care

We understand that finding care for autism, including in-network Applied Behavior Analysis (ABA) providers, can seem overwhelming to patients. We have resources available to help your patients get the ABA care, diagnostic services, and developmental therapies they need.

Have your patient or their family contact our Member Service team at the number on the back of their Blue Cross member ID card, where they can speak to one of our specially trained Mental Health Advocates.

- Our Advocates can help your patients find the most appropriate provider for their care.
- And they may suggest [Cortica](#), a specialty mental health provider in our network that offers diagnosis, medical care, ABA therapy, developmental therapies, and counseling for patients up to age 21 and their families.



Mental health support for LGBTQIA+ patients

We're happy to announce, during Pride month, that we've [expanded access](#) to LGBTQIA+ physical and mental health support for our members:

- [FOLX Health](#) is a virtual primary care provider focused on LGBTQIA+ health, with services including gender-affirming care, mental health and primary care, fertility, diverse family building, and more.
- Our gender-affirming care program helps members find the care and services they need during reproductive health and gender-affirming care milestones.

"Research shows that gender-affirming care can improve the physical and mental health and well-being of our members," said Blue Cross' Vice President of Medical Operations, Ashley Yeats, M.D. "Blue Cross is one of the first health plans in the country with an integrated, clinical team dedicated to gender-affirming care."

National eating disorder providers have joined our network

We have also recently expanded our mental health network:

New eating disorder providers:

- [Eating Disorder Recovery Specialists](#) offer treatment and support for individuals 18 and older with anorexia, bulimia nervosa, binge eating, and orthorexia.
- [Equip](#) offers eating disorder treatment for individuals five and older through virtual care designed to help patients achieve lasting recovery at home.

Specialist mental health providers:

- [Rula Health](#) is a new primary mental health provider that provides comprehensive mental health care. Its network providers specialize in individual, couples, and family therapy as well as psychiatric care (i.e., medication management).
- [Brightline](#) is now available nationally. It offers on-demand resources and therapy to kids ages three to 17, including a digital platform where families can set up virtual visits.

Extra dental benefits for members with mental health conditions

Preventive and periodontal services have been connected to improved overall health for members with specific medical conditions. That's why our [Enhanced Dental Benefits](#) are now available for members of our dental

plans who have [mental health conditions](#), [intellectual disabilities](#), or [developmental disabilities](#). Benefits for members with these conditions include:

- Four cleaning or periodontal maintenance services per calendar year
- Four fluoride treatments per calendar year
- Increased oral cancer screenings

The member or their parent or guardian must request that their physician or clinician submit an attestation form to qualify for the benefits. You can help your patients by providing them with the Enhanced Dental Benefits Enrollment form for [Dental Blue 65 members](#) or [all other members](#), and this [member fact sheet](#). You may find this [Coverage article](#) we've just published on the dental/mental health connection helpful as well.



New authorization requirement for TMS

[As previously communicated](#), we'll require prior authorization for transcranial magnetic stimulation (CPT codes 90867, 90868, 90869) as a treatment of depression for commercial PPO members starting on July 1, 2024. We already require authorization today for our commercial HMO and Medicare Advantage members for this service as part of medical policy 297: [Transcranial Magnetic Stimulation as a Treatment of Depression and Other Psychiatric/Neurologic Disorders](#).

Connecting patients to virtual substance use care

For your patients struggling with substance use disorder, [DynamiCare](#) may be a good resource. DynamiCare is a network provider that offers comprehensive virtual coaching and therapeutics to help individuals 13 and older to quit or moderate their use of alcohol, drugs, and tobacco. Delivered through a smartphone app, DynamiCare:

- Connects patients with a personal guide who helps them set realistic goals and celebrate small wins with immediate financial rewards
- Offers weekly calls with certified recovery coaches
- Provides remote breath and saliva substance testing

To learn more about other specialty mental health providers in our network, visit our [Provider Central Mental Health page](#). Click on "Helping Members Find Care."



Coverage

See the latest mental health news in [Coverage](#), a Blue Cross news service



OPIOID RESOURCE CENTER



PRIOR AUTHORIZATION GUIDELINES



TREATMENT RESOURCES

Need Provider Central help?

Email us: 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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