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FEBRUARY 2024

MENTAL HEALTH BRIEF

News For You



MASSACHUSETTS

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

We're updating reimbursement for psychotherapy code 90837

Providing our members with timely access to affordable and quality mental health care is a top priority at Blue Cross. We recognize the vital role that mental health providers play in supporting that goal. It's thanks to your dedicated partnership that we're able to best serve our members with the care they need. We are pleased to share that for commercial members, effective February 1, 2024, we have increased our reimbursement for procedure code 90837 (psychotherapy, 60 minutes with patient or family member). You can review your updated fee schedule allowances on Provider Central.

Are you contracted to provide services to all your Blue Cross patients?

Our Medicare Advantage membership has grown significantly over the last several years. If your practice is currently only contracted for commercial products, we encourage you to join our Medicare Advantage networks.

Due to CMS' recent expansion of their list of accepted provider types, we are happy to invite our Licensed Mental Health Counselors (LMHC), Licensed Marriage and Family Therapists (LMFT), and Licensed Drug and Alcohol Counselors (LADC-1) providers to join our Medicare Advantage networks.

By joining, you will be able to treat members who have our Medicare Advantage HMO and Medicare Advantage PPO products and benefit by:

- Having your name and practice information listed in our online Find a Doctor directory of in-network providers so that members can find you
- Increasing convenience and affordability for your eligible patients
- Attracting new patients



As a contracted provider, you will need to complete a [Contract Update form](#) to add the Medicare Advantage networks to your contract. Read this [news article](#) for more details. As a reminder, you are required to attest to your directory information every 90 days. CAQH will remind you by email, and if you don't attest that your information is correct, you will be removed from the online Find a Doctor directory.

Watch: [Winter wellness: Seasonal affective disorder symptoms & support](#)

As you know, seasonal affective disorder (SAD) is prominent during the winter months. Dr. Ximena Sanchez-Samper, a board-certified psychiatrist at Blue Cross, talks about treatment for SAD in this short YouTube video that is playing on multiple television stations throughout this winter.



You may want to share this video with your patients who could benefit from light therapy. As a reminder, Blue Cross covers medically necessary light boxes. For details on coverage and where to find them, see [our fact sheet](#). You can also read our

recent [Coverage article](#) for comments from mental health physicians on treating SAD.

New standard ABA authorization form

The [Massachusetts Collaborative](#) recently developed the [Standard Form for Applied Behavior Analysis Services Prior Authorization Requests](#). This form is universal, eliminating the need to submit separate authorization forms to each health insurer. Per the Massachusetts Division of Insurance (DOI) Bulletin 2024-01, we will accept this new form starting April 16, 2024. Until then, you may continue to use Blue Cross' [Applied Behavior Analysis Service Request Form](#), available on Provider Central through October 15, 2024.

Prescribing antipsychotic medication? Children and adolescents need follow up

Patients taking antipsychotics have a higher chance of developing metabolic health risks, including obesity, diabetes, and high cholesterol. Routinely monitoring for signs of metabolic syndrome in patients taking antipsychotics allows for early detection and intervention.

If you've recently prescribed antipsychotic medications, check in with your patient or their primary care team to order annual screenings for blood glucose (HbA1c) and cholesterol (LDL-C).



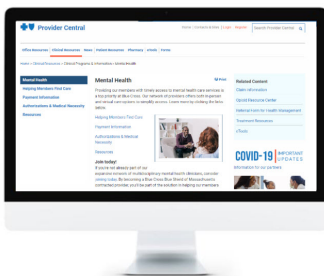
Thanks to those who attended our mental health webinar

In case you missed our October 25 webinar, here is a link to download the [presentation](#). Or you can [watch the live recording](#); use passcode: **9\$gvr*Qj**

The presentation includes overviews of:

- Our [Mental Health Provider Central page](#)
- Telehealth and CPT HCPCS Modifiers payment policies
- [ConnectCenter](#) and how to use it
- How to verify claim and appeal status
- Replacement claims
- Timely filing guidelines

Stay tuned for future trainings and events designed to better support you.



Your Blue Cross mental health hub

Don't forget to visit our Provider Central [mental health page](#) for a list of the primary and sub-specialty mental health provider groups to which you may want to refer patients. The page also offers links to authorization requirements, our member mental health resource center, and more.

Recent mental health news and updates on Provider Central

- [Jan 4, 2024—Updated payment policies now available](#): We added code G0137 for Medicare Advantage (only) and codes G0017 and G0018 to our Mental Health and Substance Use payment policy
- [Jan 5, 2024—New Neuropsychological and Psychological Testing medical policy](#): We retired the InterQual® ' criteria for neuropsychological testing as of January 1, 2024 and now all medical necessity criteria for both neuropsychological and psychological testing are in our [medical policy 151: Neuropsychological and Psychological Testing](#).
- [Jan 26, 2024: Answers to your questions about our recent announcement that we've removed authorization requirements for home health care services](#).



See the latest mental health news in **Coverage**, a Blue Cross news service



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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