**Behavioral Health (Psychiatric) Services**

**Published:** 10/01/2017

**Next Review:** 09/2018  
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**Medicare Link(s) Revised:** 10/01/2017

**IMPORTANT REMINDER**

The Medicare Advantage Medical Policy manual is not intended to override the member Evidence of Coverage (EOC), which defines the insured’s benefits, nor is it intended to dictate how providers are to practice medicine. Physicians and other health care providers are expected to exercise their medical judgment in providing the most appropriate care for the individual member.

The Medicare Advantage Medical Policies are designed to provide guidance regarding the decision-making process for the coverage or non-coverage of services or procedures in accordance with the member EOC and the Centers of Medicare and Medicaid Services (CMS) policies, when available. In the event of a conflict, applicable CMS policy or EOC language will take precedence over the Medicare Advantage Medical Policy. In the absence of CMS guidance for a requested service or procedure, the health plan may apply their Medical Policy Manual or MCG™ criteria, both of which are developed with an objective, evidence-based process using scientific evidence, current generally accepted standards of medical practice, and authoritative clinical practice guidelines.

Medicare and EOCs exclude from coverage, among other things, services or procedures considered to be investigational, cosmetic, or not medically necessary, and in some cases, providers may bill members for these non-covered services or procedures. Providers are encouraged to inform members in advance when they may be financially responsible for the cost of non-covered or excluded services.

**DESCRIPTION**

Behavioral health services aid in the effective treatment of patients with various psychiatric disorders. Depending on the severity and type of disorder, services may range from inpatient facility stays to individual outpatient therapy sessions, family counseling, and medication management.
MEDICARE ADVANTAGE POLICY CRITERIA

Procedure(s): CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:

Non-Covered Services (this list is NOT all-inclusive):

- Activity therapies, group activities or other services/programs which are solely recreational or diversional activities (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

- “Geriatric day care” programs (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

- Hemodialysis for Treatment of Schizophrenia (NCD for Hemodialysis for Treatment of Schizophrenia [130.8])

- Intensive Behavioral Therapy for the Treatment of Autism (Noridian LCD for Non-Covered Services [L35008] for non-coverage of Category III codes 0364T-0374T) (Scroll to the “Public Version(s)” section at the bottom of the LCD for links to prior versions if necessary.)

- Lightbox or light therapy for treatment of seasonal affective disorder (SAD) (HCPCS Code E0203 is non-covered by Medicare)

- Meals and transportation (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

- Multiple seizure electroconvulsive therapy (NCD for Multiple Electroconvulsive Therapy [160.25])
Procedure(s): CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:

- Outpatient psychiatric day treatment programs that consist entirely of activity therapies (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3 – Partial Hospitalization Services)

- Outpatient psychosocial activities (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

- Programs that only monitor the management of medication for members who are otherwise psychiatrically stable or diversional activities (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.3 – Partial Hospitalization Services, A. Program Criteria and §70.3.B.4 – Partial Hospitalization Services)

- Psychosocial programs (i.e., community support groups in nonmedical settings for chronically mentally ill persons for the purpose of social interaction) (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

- Vocational training services solely related to specific employment opportunities, work skills or work settings (Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.1.C.2 – Noncovered Services and §70.3.B.4 – Partial Hospitalization Services)

Ineligible Providers

Providers ineligible to participate in the Medicare program, and therefore, ineligible for Medicare reimbursement, include - but are not limited to - the following[^6]:

- Certified Alcohol and Drug Counselor
- Certified Social Worker
- Drug and Alcohol Rehabilitation Counselor
- Licensed Alcoholic and Drug Counselor
- Licensed Practical Nurse
Procedure(s): CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:

- Licensed Professional Counselor
- Marriage Family Therapist
- Master of Social Work
- Mental Health Counselor
- National Certified Counselor
- Substance Abuse Facility (i.e., residential substance abuse facility)

Medicare coverage guidelines are the primary resources for medical necessity decision-making. However, decisions regarding the medical reasonableness and necessity of treatment may also be made based on accepted medical practice with the advice of a medical director. To aid with “accepted medical practice” decisions, applicable MCG™ criteria may be used to supplement the Medicare references. You may visit the MCG™ Web Site for information on purchasing their criteria, or you may contact us and we will provide a copy of the specific guideline. Based on the services rendered and the condition being treated, possible MCG™ guidelines include, but may not be limited to, those listed below.

Inpatient Services

“Inpatient psychiatric facility services’ means inpatient hospital services furnished to a patient of an inpatient psychiatric facility. IPFs are certified under Medicare as inpatient psychiatric hospitals and distinct psychiatric units of acute care hospitals and CAHs.” (Medicare Benefit Policy Manual. Chapter 2 - Inpatient Psychiatric Hospital Admission:

“Psychiatric hospitals are required to be primarily engaged in providing, by or under the supervision of a psychiatrist, psychiatric services for the diagnosis and treatment of mentally ill persons.” Therefore, all inpatient psychiatric facility (IPF) admissions must include ALL of the following:

- A provisional or admitting diagnosis for every patient;
- The diagnosis of any comorbid diseases as well as the psychiatric diagnosis;
- Documentation that the patient requires active treatment;
- Documentation that the active treatment will be of an intensity that can be provided appropriately only in an inpatient setting; and,
- Documentation that the active treatment will be rendered for a psychiatric principal diagnosis found in in the Fourth Edition, Text Revision of the American Psychiatric Association’s Diagnostic and Statistical Manual, or in Chapter Five of the International Classification of Diseases applicable to the service date.

(See Section 20 in the following link: Medicare Benefit Policy Manual, Chapter 2 - Inpatient Psychiatric Hospital Services, §20 - Admission Requirements)
Active Treatment:
"Payment for IPF services is to be made only for 'active treatment' that can reasonably be expected to improve the patient's condition... For services in an IPF to be considered “active treatment,” they must be:

- Provided under an individualized treatment or diagnostic plan. The written plan must include the following:
  - A substantiated diagnosis;
  - Short-term and long-range goals;
  - The specific treatment modalities utilized;
  - The responsibilities of each member of the treatment team; and
  - Adequate documentation to justify the diagnosis and the treatment and rehabilitation activities carried out.
  - (§30.3 – Treatment Plan and 30.3.1 - Individualized Treatment or Diagnostic Plan) (See Section 20 in the link).

- Reasonably expected to improve the patient's condition or for the purpose of diagnosis; however, it is not necessary that a course of therapy have as its goal the restoration of the patient to a level which would permit discharge from the institution. The treatment must, at a minimum, be designed both to reduce or control the patient's psychotic or neurotic symptoms that necessitated hospitalization and improve the patient's level of functioning. (§30.3.2 - Services Expected to Improve the Condition or for Purpose of Diagnosis); and

- Supervised and evaluated by a physician (see §30.2.3 – Services Supervised and Evaluated by a Physician for further details).

- The administration of a drug or drugs does not necessarily constitute active treatment. The administration of antidepressant or tranquilizing drugs that are expected to significantly alleviate a patient's psychotic or neurotic symptoms would be termed active treatment, assuming that the other elements of the definition of active treatment is met.
Procedure(s):

**CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:**

**Discharge Planning**

“The record of each patient who has been discharged must have a discharge summary that includes a recapitulation of the patient’s hospitalization and recommendations from appropriate services concerning follow-up or aftercare as well as a brief summary of the patient’s condition on discharge.”

*(See Section 30.5 in the following link: Medicare Benefit Policy Manual. Chapter 2 - Inpatient Psychiatric Hospital Services, §30.5 - Discharge Planning and Discharge Summary)*

**Note:** Please read all applicable sections and subsections, in their entirety, for complete criteria details, including what may or may not be considered “active treatment” or a reasonable and necessary Medicare-covered IPH service.

*The above Medicare criteria may be supplemented by the following MCG™ guideline(s). However, MCG™ guidelines are not required for use. MCG™ guidelines are determined by the behavioral health or psychiatric condition being treated. Visit the MCG™ Web Site for information on purchasing their criteria, or you may contact us and we will be happy to provide you with a copy of the specific guideline:*

- Inpatient Behavioral Health Level of Care, Adult, ORG: B-901-IP (BHG)
- Anorexia Nervosa: Inpatient Care ORG: B-001-IP (BHG)
- Anxiety Disorders (excluding Posttraumatic Stress Disorder): Inpatient Care ORG: B-002-IP (BHG)
- Attention-Deficit and Disruptive Behavior Disorders: Inpatient Care ORG: B-003-IP (BHG)
- Autism Spectrum Disorders: Inpatient Care ORG: B-012-IP (BHG)
- Bipolar Disorders: Inpatient Care ORG: B-004-IP (BHG)
- Bulimia Nervosa, Binge-Eating Disorder, and Other Specified Feeding or Eating Disorders: Inpatient Care ORG: B-005-IP (BHG)
- Delirium: Inpatient Care ORG: B-006-IP (BHG)
- Dementia: Inpatient Care ORG: B-007-IP (BHG)
- Major Depressive Disorder: Inpatient Care ORG: B-008-IP (BHG)
**Behavioral Health**

### Procedure(s):

**CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:**

- Other Psychiatric Disorders: Inpatient Care ORG: B-010-IP (BHG)
- Other Psychotic Disorders: Inpatient Care ORG: B-011-IP (BHG)
- Persistent Depressive Disorder (Dysthymia): Inpatient Care ORG: B-009-IP (BHG)
- Posttraumatic Stress Disorder: Inpatient Care ORG: B-013-IP (BHG)
- Schizophrenia Spectrum Disorders: Inpatient Care ORG: B-014-IP (BHG)

### Partial Hospitalization Program (PHP)

“Partial hospitalization is a distinct and organized intensive treatment program for patients who would otherwise require inpatient psychiatric care.” *(Medicare Benefit Policy Manual, Chapter 6, §70.1.B – Partial Hospitalization)*

“Partial hospitalization programs (PHPs) are structured to provide intensive psychiatric care through active treatment that utilizes a combination of the clinically recognized items and services described in §1861(ff) of the Social Security Act (the Act). The

### Admission:

Patients meeting benefit category requirements for Medicare coverage of a PHP comprise two groups:

- Those patients who are discharged from an inpatient hospital treatment program, and the PHP is in lieu of continued inpatient treatment; or
- Those patients who, in the absence of partial hospitalization, would be at reasonable risk of requiring inpatient hospitalization.

Patients admitted to a PHP must:

- Be under the care of a physician who certifies the need for partial hospitalization;
- Require a minimum of 20 hours per week of therapeutic services, as evidenced by their plan of care;
- Require a comprehensive, structured, multimodal treatment requiring medical supervision and coordination, provided under an individualized plan of care, because of a mental disorder which severely interferes with multiple areas of daily life, including social, vocational, and/or educational functioning (such dysfunction generally is of an acute nature);
- Be able to cognitively and emotionally participate in the active treatment process;
- Be capable of tolerating the intensity of a PHP program.
- Where partial hospitalization is used to shorten an inpatient stay and transition the patient to a less intense level of care, there must be evidence of the need for the acute, intense, structured combination of services provided by a PHP.
treatment program of a PHP closely resembles that of a highly structured, short-term hospital inpatient program. It is treatment at a level more intense than outpatient day treatment or psychosocial rehabilitation.” (Medicare Benefit Policy Manual, Chapter 6, §70.3 - Partial Hospitalization Services)

**Active Treatment**

"Partial hospitalization services that make up a program of active treatment must be vigorous and proactive (as evidenced in the individual treatment plan and progress notes) as opposed to passive and custodial. It is not enough that a patient qualify under the benefit category requirements in or of §1835(a)(2)(F) unless he/she also has the need for the active treatment provided by the program of services defined in §1861(ff). It is the need for intensive, active treatment of his/her condition to maintain a functional level and to prevent relapse or hospitalization, which qualifies the patient to receive the services identified in §1861(ff)."

- Since the patients admitted to a PHP do not require 24 hour per day supervision as provided in an inpatient setting, they must have an adequate support system to sustain/maintain themselves outside the PHP.
- Patients admitted to a PHP generally have an acute onset or decompensation of a covered Axis I mental disorder, as defined by the current edition of the Diagnostic and Statistical Manual published by the American Psychiatric Association or listed in Chapter 5 of the most current edition of the International Classification of Diseases (ICD), which severely interferes with multiple areas of daily life.
- The degree of impairment will be severe enough to require a multidisciplinary intensive, structured program, but not so limiting that patients cannot benefit from participating in an active treatment program.
- It is the need, as certified by the treating physician, for the intensive, structured combination of services provided by the program that constitute active treatment, that are necessary to appropriately treat the patient’s presenting psychiatric condition.

**Continued Active Treatment**

- This program of services provides for the diagnosis and active, intensive treatment of the individual’s serious psychiatric condition and is reasonably expected to improve or
Procedure(s): CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:

- maintain the individual's condition and functional level and prevent relapse or hospitalization.
- The overall intent of the partial program admission is to treat the serious presenting psychiatric symptoms.
- Is expected to maintain or improve the individual's condition and prevent relapse, may also be included within the plan of care.
- Continued treatment in order to maintain a stable psychiatric condition or functional level requires evidence that less intensive treatment options (e.g., intensive outpatient, psychosocial, day treatment, and/or other community supports) cannot provide the level of support necessary to maintain the patient and to prevent hospitalization.
- For patients who do not meet this degree of severity of illness, and for whom partial hospitalization services are not necessary for the treatment of a psychiatric condition, professional services billed to Medicare Part B (e.g., services of psychiatrists and psychologists) may be medically necessary, even though partial hospitalization services are not.

Discharge Planning

“Discharge planning from a PHP may reflect the types of best practices recognized by professional and advocacy organizations that ensure coordination of needed services and follow-up care. These activities include linkages with community resources, supports, and providers in order to promote a patient’s return to a higher level of functioning in the least restrictive environment.”

Patients in PHP may be discharged by either:

- Stepping up to an inpatient level of care which would be required for patients needing 24-hour supervision; or,
**Procedure(s):**

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<tr>
<th>CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:</th>
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<tr>
<td>• Stepping down to a less intensive level of outpatient care when the patient’s clinical condition improves or stabilizes and he/she no longer requires structured, intensive, multimodal treatment.</td>
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*(See Section 70.3.B in the following link: Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70.3.B - Patient Eligibility Criteria)*

**Note:** Please review all of Section 70.3, in its entirety, for complete PHP information, including what may or may not be considered Medicare-covered PHP services and PHP program criteria.

*The above Medicare criteria may be supplemented by the following MCG™ guideline(s). However, MCG™ guidelines are not required for use. MCG™ guidelines are determined by the behavioral health or psychiatric condition being treated. Visit the MCG™ Web Site for information on purchasing their criteria, or you may contact us and we will be happy to provide you with a copy of the specific guideline:*

| • Partial Hospital Behavioral Health Level of Care, Adult, ORG: B-901-PHP |
| • Anorexia Nervosa: Partial Hospital Program ORG: B-001-PHP (BHG) |
| • Anxiety Disorders (excluding Posttraumatic Stress Disorder): Partial Hospital Program ORG: B-002-PHP (BHG) |
| • Attention-Deficit and Disruptive Behavior Disorders: Partial Hospital Program ORG: B-003-PHP (BHG) |
| • Autism Spectrum Disorders: Partial Hospital Program ORG: B-012-PHP (BHG) |
| • Bipolar Disorders: Partial Hospital Program ORG: B-004-PHP (BHG) |
| • Bulimia Nervosa, Binge-Eating Disorder, and Other Specified Feeding or Eating Disorders: Partial Hospital Program ORG: B-005-PHP (BHG) |
| • Dementia: Partial Hospital Program ORG: B-007-PHP (BHG) |
| • Major Depressive Disorder: Partial Hospital Program ORG: B-008-PHP (BHG) |
Procedure(s):

CMS Coverage Manuals, National Coverage Determinations (NCDs), Noridian Healthcare Solutions (Noridian) Local Coverage Determinations (LCDs) and Articles (LCAs), and MCGTM (formerly Milliman) Guidelines:

- Other Psychiatric Disorders: Partial Hospital Program ORG: B-010-PHP (BHG)
- Other Psychotic Disorders: Partial Hospital Program ORG: B-011-PHP (BHG)
- Persistent Depressive Disorder (Dysthymia): Partial Hospital Program ORG: B-009-PHP (BHG)
- Posttraumatic Stress Disorder: Partial Hospital Program ORG: B-013-PHP (BHG)
- Schizophrenia Spectrum Disorders: Partial Hospital Program ORG: B-014-PHP (BHG)

Outpatient Services

Vagal Nerve Stimulation for Depression:

This policy does not address vagal nerve stimulation as a treatment of depression, which is addressed in a separate Medicare Advantage medical policy (see Cross References).

General Criteria:

Medicare Benefit Policy Manual, Chapter 6 - Hospital Services Covered Under Part B, §70 - Outpatient Hospital Psychiatric Services

See Sections 70.1, 70.1.A, and 70.1.C.1 in the following links:

- §70.1 – General
- §70.1.A – Coverage Criteria
- §70.1. C. Application of Criteria, Covered Services

Note: Please review all of Section 70.1, in its entirety, for complete criteria details, including what may or may not be considered Medicare-covered outpatient hospital psychiatric services.

The above Medicare criteria may be supplemented by the following MCG™ guideline(s). However, MCG™ guidelines are not required for use. MCG™ guidelines are determined by the behavioral health or psychiatric condition being treated. Visit the MCG™ Web Site for information on purchasing their criteria, or you may contact us and we will be happy to provide you with a copy of the specific guideline:

- Intensive Outpatient Program Behavioral Health Level of Care, Adult, ORG: B-901-IOP
- Acute Outpatient Behavioral Health Level of Care, Adult, ORG: B-901-AOP
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<td>• Anxiety Disorders (excluding Posttraumatic Stress Disorder): Intensive Outpatient Program ORG: B-002-IOP (BHG)</td>
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<td>· Schizophrenia Spectrum Disorders: Intensive Outpatient Program ORG: B-014-IOP (BHG)</td>
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<td>· Schizophrenia Spectrum Disorders: Acute Outpatient Care ORG: B-014-AOP (BHG)</td>
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REQUIRED DOCUMENTATION

The information below must be submitted for review to determine whether policy criteria are met. If any of these items are not submitted, it could impact our review and decision outcome:

- Description of requested treatment plan, and if will be rendered on an inpatient or outpatient basis;
- If inpatient, type of facility services will be rendered in;
- Admitting diagnosis, as well as the diagnosis of any comorbid disease(s); and,
- Short-term and long-term goals;
- See the applicable specific criteria reference for any additional documentation that may be required depending on the type of treatment requested.

CROSS REFERENCES

Chemical Dependency and/or Substance Abuse Services, Behavioral Health, Policy No. M-20

Vagus Nerve Stimulation (VNS), Surgery, Policy No. M-74

REFERENCES

1. Noridian Medicare Mental Health: Covered and Non-covered Services
2. Noridian Medicare “Mental Health Services Questions and Answers” (Updated February 2017)
3. Outpatient Psychiatric Hospital Services
4. Partial Hospitalization Program (PHP)
5. Inpatient Psychiatric Hospital Services
6. Medicare Program Integrity Manual, Chapter 15 - Medicare Enrollment, §15.4.8 - Suppliers Not Eligible to Participate
7. Medicare Benefit Policy Manual, Chapter 3 - Duration of Covered Inpatient Services, §30 - Inpatient Days Counting Toward Benefit Maximums, C. Lifetime Inpatient Psychiatric Hospital Limitation
8. Medicare Benefit Policy Manual, Chapter 2 - Inpatient Psychiatric Hospital Services, §30 - Medical Records Requirements (Sections §30.1 and §30.2 provide further documentation guidance)

CODING

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*IMPORTANT NOTE: Medicare Advantage medical policies use the most current Medicare references available at the time the policy was developed. Links to Medicare references will take viewers to external websites outside of the health plan's web control as these sites are not maintained by the health plan.*