

# PREAPPROVALS – BEHAVIORAL HEALTH SERVICES

For UniCare State Indemnity Plan members

**Effective July 1, 2019**

## UniCare preapprovals

800-442-9300 (TTY: 711)  
contact.us@anthem.com

## Preapprovals for behavioral health services

The chart below identifies behavioral health services that need preapproval. Note that the requirements are different for in-network and out-of-network providers. If you aren't sure whether you need to get preapproval, contact UniCare Member Services.

**For Medicare Extension members** – Preapproval is needed only if the service is not covered by Medicare or if the provider is not a Medicare provider.

**What is a DPH-licensed provider?** The Massachusetts Department of Public Health (DPH) issues licenses to Massachusetts facilities that provide health care services. To be licensed, facilities must meet specific quality and safety standards.

Type of service	With in-network providers	With out-of-network (OON) providers
<b>Acute care services – mental health conditions</b>		
<ul style="list-style-type: none"> <li>■ Acute residential treatment</li> <li>■ Community-based acute treatment (CBAT)</li> <li>■ Community support programs (CSP)</li> <li>■ Family stabilization teams (FST)</li> <li>■ Inpatient psychiatric services</li> <li>■ Partial hospitalization programs (PHP)</li> <li>■ Transitional care units (TCU)</li> </ul>	Needs preapproval	Needs preapproval
<ul style="list-style-type: none"> <li>■ Crisis stabilization units (CSU)</li> </ul>	Needs preapproval for stays over 5 days	Needs preapproval for stays over 5 days
<ul style="list-style-type: none"> <li>■ Day treatment</li> </ul>	N/A	Needs preapproval
<ul style="list-style-type: none"> <li>■ Intensive outpatient programs (IOP)</li> </ul>	Notify UniCare within 48 hours	<ul style="list-style-type: none"> <li>■ <b>DPH-licensed providers in Massachusetts:</b> Notify UniCare within 48 hours</li> <li>■ <b>All other OON providers:</b> Needs preapproval</li> </ul>

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PREAPPROVALS – BEHAVIORAL HEALTH SERVICES (continued)

Type of service	With in-network providers	With out-of-network (OON) providers
<b>Acute care services – substance use disorders (adults and adolescents)</b>		
<ul style="list-style-type: none"> <li>■ Acute residential withdrawal management (ASAM level 3.7 detox)</li> <li>■ Clinical stabilization services (CSS) (ASAM level 3.5)</li> <li>■ Dual diagnosis acute treatment (DDAT) (ASAM level 3.5)</li> <li>■ Inpatient substance use disorder services, medically managed (ASAM level 4 detox)</li> <li>■ Partial hospitalization program (PHP) (ASAM level 2.5)</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>In Massachusetts:</b> Notify UniCare within 48 hours</li> <li>■ <b>Outside Massachusetts:</b> Needs preapproval</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>DPH-licensed providers in Massachusetts:</b> Notify UniCare within 48 hours</li> <li>■ <b>All other OON providers:</b> Needs preapproval</li> </ul>
<ul style="list-style-type: none"> <li>■ Crisis stabilization units (CSU)</li> </ul>	Needs preapproval for stays over 5 days	Needs preapproval for stays over 5 days
<ul style="list-style-type: none"> <li>■ Day treatment</li> </ul>	N/A	Needs preapproval
<ul style="list-style-type: none"> <li>■ Intensive outpatient programs (IOP) (Level 2.1)</li> <li>■ Structured outpatient additions programs (SOAP)</li> </ul>	Notify UniCare within 48 hours	<ul style="list-style-type: none"> <li>■ <b>DPH-licensed providers in Massachusetts:</b> Notify UniCare within 48 hours</li> <li>■ <b>All other OON providers:</b> Needs preapproval</li> </ul>
<b>Outpatient services (non-acute care)</b>		
<ul style="list-style-type: none"> <li>■ Acupuncture withdrawal management</li> </ul>	N/A	Needs preapproval
<ul style="list-style-type: none"> <li>■ Applied Behavioral Analysis (ABA)</li> <li>■ Dialectical behavioral therapy (DBT)</li> <li>■ Electroconvulsive therapy (ECT)</li> <li>■ Neuropsychological testing</li> <li>■ Psychiatric visiting nurse services</li> <li>■ Psychological testing</li> <li>■ Transcranial magnetic stimulation (TMS)</li> </ul>	Needs preapproval	Needs preapproval

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