

PREAPPROVALS – BEHAVIORAL HEALTH SERVICES

For UniCare State Indemnity Plan members

Effective July 1, 2018

UniCare preapprovals

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

Preapprovals for behavioral health services

The chart below identifies behavioral health services that require preapproval. If you aren't sure whether you need to get preapproval, contact UniCare Member Services.

Behavioral health service	In-network	Out-of-network
Acupuncture withdrawal management (outpatient services)	N/A	Needs preapproval
Crisis stabilization units (acute care)	Needs preapproval for stays over 5 days	Needs preapproval for stays over 5 days
Day treatment (acute care)	N/A	Needs preapproval
Intensive outpatient programs (acute care)	Notify UniCare within 48 hours	<ul style="list-style-type: none"> ▪ DPH-licensed providers in Massachusetts: Notify UniCare within 48 hours ▪ All other out-of-network providers: Needs preapproval
Mental health services (acute care) <ul style="list-style-type: none"> ▪ Acute residential treatment ▪ Community-based acute treatment ▪ Community support programs ▪ Family stabilization teams ▪ Inpatient psychiatric services ▪ Partial hospitalization programs ▪ Transitional care units 	Needs preapproval	Needs preapproval
Outpatient services <ul style="list-style-type: none"> ▪ Applied Behavioral Analysis ▪ Dialectical behavioral therapy ▪ Electroconvulsive therapy ▪ Neuropsychological testing ▪ Psychiatric visiting nurse services ▪ Psychological testing ▪ Transcranial magnetic stimulation 	Needs preapproval	Needs preapproval

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PREAPPROVALS – BEHAVIORAL HEALTH SERVICES *(continued)*

Behavioral health service	In-network	Out-of-network
Structured outpatient addictions programs (acute care)	Notify UniCare within 48 hours	<ul style="list-style-type: none"> ▪ DPH-licensed providers in Massachusetts: Notify UniCare within 48 hours ▪ All other out-of-network providers: Needs preapproval
Substance use disorder services – Adults and adolescents (acute care) <ul style="list-style-type: none"> ▪ Acute residential withdrawal management (ASAM level 3.7 detox) ▪ Clinical stabilization services for substance use disorder (ASAM level 3.5) ▪ Dual diagnosis acute treatment (ASAM level 3.5) ▪ Medically-managed substance use disorder services (ASAM level 4 detox) ▪ Partial hospitalization program for substance use disorder (ASAM level 2.5) 	<ul style="list-style-type: none"> ▪ In Massachusetts: Notify UniCare within 48 hours ▪ Outside Massachusetts: Needs preapproval 	<ul style="list-style-type: none"> ▪ DPH-licensed providers in Massachusetts: Notify UniCare within 48 hours ▪ All other out-of-network providers: Needs preapproval
Therapy – Family, individual and telehealth¹ <i>You don't need preapproval for therapy to treat substance use disorders</i>	Needs preapproval for more than 26 visits a year	Needs preapproval for more than 26 visits a year

¹ Telehealth services are not available for Medicare Extension members.