

Behavioral Health Services

Policy Number: BEHAVIORAL 021.34 T0
Effective Date: October 1, 2021

[➔ Instructions for Use](#)

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Related Policies
<ul style="list-style-type: none"> • Autism • Drug Testing

Purpose

[➔ See Benefit Considerations](#)

This policy provides information regarding the coverage of treatment for mental health and substance use disorders, as determined by applicable federal and/or state legislation, Oxford certificates of coverage and utilization management guidelines.

Definitions

Non-Routine Services: Outpatient services that require clinical review for approval, when coverage is available. Non-Routine Services include, but are not limited to extended length sessions, psychological/ neuropsychological testing, transcranial magnetic stimulation, intensive outpatient treatment, intensive behavioral therapy, ambulatory ECT, psychiatric consult on a medical bed, and methadone maintenance.

Note: Not all Non-Routine services listed may be covered; refer to the member specific benefit plan document or Certificate of Coverage for specific requirements.

Prior Authorization Requirements

State	Referral and Prior Authorization Guideline
CT, NJ, and NY	<p>Prior authorization and/or referral are not required for routine outpatient mental health and/or substance use disorder services when rendered in the following settings: telehealth setting (02), a physician's office (11), outpatient (19 or 22), assisted living facility(13), group home (14), or nursing facility (32) setting.</p> <p>CPT Codes 90875 and 90876 require prior authorization in all sites of service for behavioral health disorders.</p> <p>Exception: Neurofeedback/biofeedback is excluded from coverage for NJ Small and Large Groups.</p>

State	Referral and Prior Authorization Guideline
CT	Prior authorization is required for mental health and substance use disorders when performed in an inpatient [including inpatient partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP).
NJ	<ul style="list-style-type: none"> For NJ situated fully insured plans, prior authorization is required for substance use services when services are rendered by an out-of-network treatment provider or when services are rendered in a medical or mental health setting. In-network services for substance use disorder do not require prior authorization for the first 28 days of inpatient/residential and partial/IOP as per NJ Chap 28; prior authorization is not required, however it is strongly recommended for substance use services.
NY (for individuals 18 years old and older)	<ul style="list-style-type: none"> Prior authorization is required for mental health services when performed in an inpatient [including inpatient partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP). Notification is required for NY in-network substance use services within 2 business days of the admission to inpatient [including partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP). There will be no concurrent review for these admissions for the first 28 days. Prior authorization is required for all other in-network and out-of-network substance use services when performed in an inpatient [including partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP).
NY (for individuals under 18 years old)	<ul style="list-style-type: none"> Notification is required for NY in-network mental health and substance use services within 2 business days of the admission to inpatient [including partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP). There will be no concurrent review for these admissions for the first 14 days. Prior authorization is required for all other in-network and out-of-network mental health and substance use services when performed in an inpatient [including partial hospitalization (PHP)] or residential setting or when services are part of an intensive outpatient treatment program (IOP).

Policy

Oxford administers benefit coverage for behavioral health services in coordination with OptumHealth. OptumHealth uses written criteria based on sound clinical evidence to make coverage determinations, as well as to inform discussions about evidence-based practices and discharge planning. In using its clinical criteria, Optum takes individual circumstances and the local delivery system into account when determining coverage of behavioral health services. Optum uses the following clinical criteria:

- American Society of Addiction Medicine (ASAM) for substance-related disorders
- Level of Care Utilization System (LOCUS) for adults 18 and older
- Child and Adolescent Service Intensity Instrument (CASII) for children and adolescents ages 6-18
- Early Childhood Service Intensity Instrument (ECSII) for children ages 0-5

OptumHealth:

- Adopts and disseminates clinical practice guidelines relevant to its members for the provision of behavioral health services. The clinical practice guidelines adopted by OptumHealth include those produced by the American Psychiatric Association, and the American Academy of Child and Adolescent Psychiatry.
- Develops clinical criteria that supersedes its standard set or adopts externally-developed clinical criteria when required to do so by contract or regulation.
- Annually reviews its clinical criteria and the procedures for applying them, and updates internally-developed clinical criteria when appropriate.

OptumHealth's clinical criteria are available to:

- Practitioners on the Optum website: www.providerexpress.com.
- Beneficiaries on the Optum website: www.liveandworkwell.com.

Procedures and Responsibilities

Provider Status	Behavioral Health Provider Reimbursement
Participating providers	Reimburse at the contracted rate
Non-participating providers	Reimburse at the allowed amount (without a reduction for licensure level)

Notes:

- The services discussed in this policy may be subject to one or more of Oxford's Reimbursement Policies.
- A cost share may apply; refer to the member's Certificate of Coverage and/or health benefits plan documentation for specific information.

Applicable Codes

The following list(s) of procedure and/or diagnosis codes is provided for reference purposes only and may not be all inclusive. Listing of a code in this policy does not imply that the service described by the code is a covered or non-covered health service. Benefit coverage for health services is determined by the member specific benefit plan document and applicable laws that may require coverage for a specific service. The inclusion of a code does not imply any right to reimbursement or guarantee claim payment. Other Policies may apply.

CPT Code	Eligible Provider Type	Coding Clarifications
Behavioral Health		
90791, 90785, 90832, 90834, 90837, 90839, 90840, 90845, 90845, 90847, 90849, 90853, 90875, 90876	All behavioral health providers	<ul style="list-style-type: none"> • Reimbursement for the Behavioral Health and Evaluation and Management CPT Codes are subject to the billing requirements established by the American Medical Association (AMA) and the American Psychiatric Association (APA). • CPT codes (90832-90834, 90836-90839, 90875-90876, and 90899) are time-based. For purposes of benefit accumulation, Oxford will consider each billed/submitted code as 1 (one) visit or session. For example, if 2 (two) twenty-minute psychotherapy sessions are provided on a single date of service, regardless of provider, these are recognized as 2 (two) separate and distinct sessions. • CPT codes 90837 and 90838 are considered non-routine (and prior authorization is required when rendered in a physician's office or an outpatient setting). • Neurofeedback/Biofeedback (CPT codes 90875 or 90876): <ul style="list-style-type: none"> ○ Is not covered for NJ Large and Small group members. ○ Requires prior authorization in all sites for CT and NY members. Refer to OptumHealth's clinical criteria available in the following locations: <ul style="list-style-type: none"> ▪ Practitioners on the Optum website: www.providerexpress.com. ▪ Members on the Optum website: www.liveandworkwell.com.
90792, 90833, 90836, 90838, 90865	Psychiatrist (MD, DO), Nurse Practitioner, and Physician Assistant	
90863	Select prescribing psychologists [applies to psychologists licensed in the states of Louisiana (LA) and New Mexico (NM) only]	
Evaluation and Management		
99202-99205, 99211-99215, 99217, 99218-99220, 99221-99223, 99224-99226, 99231-99233, 99234-99236, 99238, 99239, 99281-	Psychiatrist (MD, DO), Nurse Practitioner, and Physician Assistant	Reimbursement for the Behavioral Health and Evaluation and Management CPT Codes are subject to the billing requirements established by the American Medical Association (AMA) and the American Psychiatric Association (APA).

CPT Code	Eligible Provider Type	Coding Clarifications
99285, 99291-99292, 99304-99306, 99307-99310, 99324-99328, 99334-99337, 99339-99340, 99341-99345, 99347-99350		

Diagnosis Code	Description
CT - Parity Exclusions	
F11.122	Opioid abuse with intoxication with perceptual disturbance
F11.129	Opioid abuse with intoxication, unspecified
F11.13	Opioid abuse with withdrawal
F11.159	Opioid abuse with opioid-induced psychotic disorder, unspecified
F11.181	Opioid abuse with opioid-induced sexual dysfunction
F11.188	Opioid abuse with other opioid-induced disorder
F11.19	Opioid abuse with unspecified opioid-induced disorder
F11.222	Opioid dependence with intoxication with perceptual disturbance
F11.229	Opioid dependence with intoxication, unspecified
F11.259	Opioid dependence with opioid-induced psychotic disorder, unspecified
F11.281	Opioid dependence with opioid-induced sexual dysfunction
F11.288	Opioid dependence with other opioid-induced disorder
F11.29	Opioid dependence with unspecified opioid-induced disorder
F11.921	Opioid use, unspecified with intoxication delirium
F11.922	Opioid use, unspecified with intoxication with perceptual disturbance
F11.929	Opioid use, unspecified with intoxication, unspecified
F11.959	Opioid use, unspecified with opioid-induced psychotic disorder, unspecified
F11.981	Opioid use, unspecified with opioid-induced sexual dysfunction
F11.988	Opioid use, unspecified with other opioid-induced disorder
F11.99	Opioid use, unspecified with unspecified opioid-induced disorder
F12.122	Cannabis abuse with intoxication with perceptual disturbance
F12.129	Cannabis abuse with intoxication, unspecified
F12.13	Cannabis abuse with withdrawal
F12.159	Cannabis abuse with psychotic disorder, unspecified
F12.180	Cannabis abuse with cannabis-induced anxiety disorder
F12.188	Cannabis abuse with other cannabis-induced disorder
F12.19	Cannabis abuse with unspecified cannabis-induced disorder
F12.222	Cannabis dependence with intoxication with perceptual disturbance
F12.229	Cannabis dependence with intoxication, unspecified
F12.259	Cannabis dependence with psychotic disorder, unspecified
F12.280	Cannabis dependence with cannabis-induced anxiety disorder
F12.288	Cannabis dependence with other cannabis-induced disorder

Diagnosis Code	Description
CT - Parity Exclusions	
F12.29	Cannabis dependence with unspecified cannabis-induced disorder
F12.23	Cannabis dependence with withdrawal
F12.922	Cannabis use, unspecified with intoxication with perceptual disturbance
F12.929	Cannabis use, unspecified with intoxication, unspecified
F12.93	Cannabis use, unspecified with withdrawal
F12.959	Cannabis use, unspecified with psychotic disorder, unspecified
F12.980	Cannabis use, unspecified with anxiety disorder
F12.988	Cannabis use, unspecified with other cannabis-induced disorder
F12.99	Cannabis use, unspecified with unspecified cannabis-induced disorder
F13.129	Sedative, hypnotic or anxiolytic abuse with intoxication, unspecified
F13.130	Sedative, hypnotic or anxiolytic abuse with withdrawal, uncomplicated
F13.131	Sedative, hypnotic or anxiolytic abuse with withdrawal delirium
F13.132	Sedative, hypnotic or anxiolytic abuse with withdrawal with perceptual disturbance
F13.139	Sedative, hypnotic or anxiolytic abuse with withdrawal, unspecified
F13.159	Sedative, hypnotic or anxiolytic abuse with sedative, hypnotic or anxiolytic-induced psychotic disorder, unspecified
F13.180	Sedative, hypnotic or anxiolytic abuse with sedative, hypnotic or anxiolytic-induced anxiety disorder
F13.181	Sedative, hypnotic or anxiolytic abuse with sedative, hypnotic or anxiolytic-induced sexual dysfunction
F13.188	Sedative, hypnotic or anxiolytic abuse with other sedative, hypnotic or anxiolytic-induced disorder
F13.19	Sedative, hypnotic or anxiolytic abuse with unspecified sedative, hypnotic or anxiolytic-induced disorder
F13.229	Sedative, hypnotic or anxiolytic dependence with intoxication, unspecified
F13.259	Sedative, hypnotic or anxiolytic dependence with sedative, hypnotic or anxiolytic-induced psychotic disorder, unspecified
F13.280	Sedative, hypnotic or anxiolytic dependence with sedative, hypnotic or anxiolytic-induced anxiety disorder
F13.281	Sedative, hypnotic or anxiolytic dependence with sedative, hypnotic or anxiolytic-induced sexual dysfunction
F13.288	Sedative, hypnotic or anxiolytic dependence with other sedative, hypnotic or anxiolytic-induced disorder
F13.29	Sedative, hypnotic or anxiolytic dependence with unspecified sedative, hypnotic or anxiolytic-induced disorder
F13.929	Sedative, hypnotic or anxiolytic use, unspecified with intoxication, unspecified
F13.959	Sedative, hypnotic or anxiolytic use, unspecified with sedative, hypnotic or anxiolytic-induced psychotic disorder, unspecified
F13.980	Sedative, hypnotic or anxiolytic use, unspecified with sedative, hypnotic or anxiolytic-induced anxiety disorder
F13.981	Sedative, hypnotic or anxiolytic use, unspecified with sedative, hypnotic or anxiolytic-induced sexual dysfunction
F13.988	Sedative, hypnotic or anxiolytic use, unspecified with other sedative, hypnotic or anxiolytic-induced disorder
F13.99	Sedative, hypnotic or anxiolytic use, unspecified with unspecified sedative, hypnotic or anxiolytic-induced disorder
F14.122	Cocaine abuse with intoxication with perceptual disturbance
F14.129	Cocaine abuse with intoxication, unspecified

Diagnosis Code	Description
CT - Parity Exclusions	
F14.13	Cocaine abuse, unspecified with withdrawal
F14.159	Cocaine abuse with cocaine-induced psychotic disorder, unspecified
F14.180	Cocaine abuse with cocaine-induced anxiety disorder
F14.181	Cocaine abuse with cocaine-induced sexual dysfunction
F14.188	Cocaine abuse with other cocaine-induced disorder
F14.19	Cocaine abuse with unspecified cocaine-induced disorder
F14.222	Cocaine dependence with intoxication with perceptual disturbance
F14.229	Cocaine dependence with intoxication, unspecified
F14.259	Cocaine dependence with cocaine-induced psychotic disorder, unspecified
F14.280	Cocaine dependence with cocaine-induced anxiety disorder
F14.281	Cocaine dependence with cocaine-induced sexual dysfunction
F14.288	Cocaine dependence with other cocaine-induced disorder
F14.29	Cocaine dependence with unspecified cocaine-induced disorder
F14.922	Cocaine use, unspecified with intoxication with perceptual disturbance
F14.929	Cocaine use, unspecified with intoxication, unspecified
F14.93	Cocaine use, unspecified with withdrawal
F14.959	Cocaine use, unspecified with cocaine-induced psychotic disorder, unspecified
F14.980	Cocaine use, unspecified with cocaine-induced anxiety disorder
F14.981	Cocaine use, unspecified with cocaine-induced sexual dysfunction
F14.988	Cocaine use, unspecified with other cocaine-induced disorder
F14.99	Cocaine use, unspecified with unspecified cocaine-induced disorder
F15.122	Other stimulant abuse with intoxication with perceptual disturbance
F15.129	Other stimulant abuse with intoxication, unspecified
F15.13	Other stimulant abuse with withdrawal
F15.159	Other stimulant abuse with stimulant-induced psychotic disorder, unspecified
F15.180	Other stimulant abuse with stimulant-induced anxiety disorder
F15.181	Other stimulant abuse with stimulant-induced sexual dysfunction
F15.188	Other stimulant abuse with other stimulant-induced disorder
F15.19	Other stimulant abuse with unspecified stimulant-induced disorder
F15.222	Other stimulant dependence with intoxication with perceptual disturbance
F15.229	Other stimulant dependence with intoxication, unspecified
F15.259	Other stimulant dependence with stimulant-induced psychotic disorder, unspecified
F15.280	Other stimulant dependence with stimulant-induced anxiety disorder
F15.281	Other stimulant dependence with stimulant-induced sexual dysfunction
F15.288	Other stimulant dependence with other stimulant-induced disorder
F15.29	Other stimulant dependence with unspecified stimulant-induced disorder
F15.922	Other stimulant use, unspecified with intoxication with perceptual disturbance
F15.929	Other stimulant use, unspecified with intoxication, unspecified
F15.959	Other stimulant use, unspecified with stimulant-induced psychotic disorder, unspecified
F15.980	Other stimulant use, unspecified with stimulant-induced anxiety disorder
F15.981	Other stimulant use, unspecified with stimulant-induced sexual dysfunction

Diagnosis Code	Description
CT - Parity Exclusions	
F15.988	Other stimulant use, unspecified with other stimulant-induced disorder
F15.99	Other stimulant use, unspecified with unspecified stimulant-induced disorder
F16.10	Hallucinogen abuse, uncomplicated
F16.122	Hallucinogen abuse with intoxication with perceptual disturbance
F16.129	Hallucinogen abuse with intoxication, unspecified
F16.159	Hallucinogen abuse with hallucinogen-induced psychotic disorder, unspecified
F16.180	Hallucinogen abuse with hallucinogen-induced anxiety disorder
F16.183	Hallucinogen abuse with hallucinogen persisting perception disorder (flashbacks)
F16.188	Hallucinogen abuse with other hallucinogen-induced disorder
F16.19	Hallucinogen abuse with unspecified hallucinogen-induced disorder
F16.229	Hallucinogen dependence with intoxication, unspecified
F16.259	Hallucinogen dependence with hallucinogen-induced psychotic disorder, unspecified
F16.280	Hallucinogen dependence with hallucinogen-induced anxiety disorder
F16.283	Hallucinogen dependence with hallucinogen persisting perception disorder (flashbacks)
F16.288	Hallucinogen dependence with other hallucinogen-induced disorder
F16.29	Hallucinogen dependence with unspecified hallucinogen-induced disorder
F16.929	Hallucinogen use, unspecified with intoxication, unspecified
F16.959	Hallucinogen use, unspecified with hallucinogen-induced psychotic disorder, unspecified
F16.980	Hallucinogen use, unspecified with hallucinogen-induced anxiety disorder
F16.983	Hallucinogen use, unspecified with hallucinogen persisting perception disorder (flashbacks)
F16.988	Hallucinogen use, unspecified with other hallucinogen-induced disorder
F16.99	Hallucinogen use, unspecified with unspecified hallucinogen-induced disorder
F17.209	Nicotine dependence, unspecified, with unspecified nicotine-induced disorders
F17.218	Nicotine dependence, cigarettes, with other nicotine-induced disorders
F17.219	Nicotine dependence, cigarettes, with unspecified nicotine-induced disorders
F17.228	Nicotine dependence, chewing tobacco, with other nicotine-induced disorders
F17.229	Nicotine dependence, chewing tobacco, with unspecified nicotine-induced disorders
F17.298	Nicotine dependence, other tobacco product, with other nicotine-induced disorders
F17.299	Nicotine dependence, other tobacco product, with unspecified nicotine-induced disorders
F18.10	Inhalant abuse, uncomplicated
F18.120	Inhalant abuse with intoxication, uncomplicated
F18.129	Inhalant abuse with intoxication, unspecified
F18.159	Inhalant abuse with inhalant-induced psychotic disorder, unspecified
F18.180	Inhalant abuse with inhalant-induced anxiety disorder
F18.188	Inhalant abuse with other inhalant-induced disorder
F18.19	Inhalant abuse with unspecified inhalant-induced disorder
F18.229	Inhalant dependence with intoxication, unspecified
F18.259	Inhalant dependence with inhalant-induced psychotic disorder, unspecified
F18.280	Inhalant dependence with inhalant-induced anxiety disorder
F18.288	Inhalant dependence with other inhalant-induced disorder
F18.29	Inhalant dependence with unspecified inhalant-induced disorder

Diagnosis Code	Description
CT - Parity Exclusions	
F18.90	Inhalant use, unspecified, uncomplicated
F18.929	Inhalant use, unspecified with intoxication, unspecified
F18.959	Inhalant use, unspecified with inhalant-induced psychotic disorder, unspecified
F18.980	Inhalant use, unspecified with inhalant-induced anxiety disorder
F18.988	Inhalant use, unspecified with other inhalant-induced disorder
F18.99	Inhalant use, unspecified with unspecified inhalant-induced disorder
F19.10	Other psychoactive substance abuse, uncomplicated
F19.122	Other psychoactive substance abuse with intoxication with perceptual disturbances
F19.129	Other psychoactive substance abuse with intoxication, unspecified
F19.159	Other psychoactive substance abuse with psychoactive substance-induced psychotic disorder, unspecified
F19.180	Other psychoactive substance abuse with psychoactive substance-induced anxiety disorder
F19.181	Other psychoactive substance abuse with psychoactive substance-induced sexual dysfunction
F19.188	Other psychoactive substance abuse with other psychoactive substance-induced disorder
F19.19	Other psychoactive substance abuse with unspecified psychoactive substance-induced disorder
F19.222	Other psychoactive substance dependence with intoxication with perceptual disturbance
F19.229	Other psychoactive substance dependence with intoxication, unspecified
F19.259	Other psychoactive substance dependence with psychoactive substance-induced psychotic disorder, unspecified
F19.280	Other psychoactive substance dependence with psychoactive substance-induced anxiety disorder
F19.281	Other psychoactive substance dependence with psychoactive substance-induced sexual dysfunction
F19.288	Other psychoactive substance dependence with other psychoactive substance-induced disorder
F19.29	Other psychoactive substance dependence with unspecified psychoactive substance-induced disorder
F19.922	Other psychoactive substance use, unspecified with intoxication with perceptual disturbance
F19.929	Other psychoactive substance use, unspecified with intoxication, unspecified
F19.130	Other psychoactive substance abuse with withdrawal, uncomplicated
F19.131	Other psychoactive substance abuse with withdrawal delirium
F19.132	Other psychoactive substance abuse with withdrawal with perceptual disturbance
F19.139	Other psychoactive substance abuse with withdrawal, unspecified
F19.959	Other psychoactive substance use, unspecified with psychoactive substance-induced psychotic disorder, unspecified
F19.980	Other psychoactive substance use, unspecified with psychoactive substance-induced anxiety disorder
F19.981	Other psychoactive substance use, unspecified with psychoactive substance-induced sexual dysfunction
F19.988	Other psychoactive substance use, unspecified with other psychoactive substance-induced disorder
F19.99	Other psychoactive substance use, unspecified with unspecified psychoactive substance-induced disorder
F20.0	Paranoid schizophrenia
F20.1	Disorganized schizophrenia
F20.2	Catatonic schizophrenia
F20.3	Undifferentiated schizophrenia
F20.5	Residual schizophrenia

Diagnosis Code	Description
CT - Parity Exclusions	
F20.81	Schizophreniform disorder
F20.89	Other schizophrenia
F20.9	Schizophrenia, unspecified
F22	Delusional disorders
F23	Brief psychotic disorder
F24	Shared psychotic disorder
F25.0	Schizoaffective disorder, bipolar type
F25.1	Schizoaffective disorder, depressive type
F25.8	Other schizoaffective disorders
F50.82	Avoidant/restrictive food intake disorder
F63.89	Other impulse disorders
F70	Mild intellectual disabilities
F71	Moderate intellectual disabilities
F78.A1	SYNGAP1-related intellectual disability
F78.A9	Other genetic related intellectual disability
F79	Unspecified intellectual disabilities
F80.0	Phonological disorder
F80.1	Expressive language disorder
F80.2	Mixed receptive-expressive language disorder
F80.89	Other developmental disorders of speech and language
F80.9	Developmental disorder of speech and language, unspecified
F81.0	Specific reading disorder
F81.2	Mathematics disorder
F81.81	Disorder of written expression
F81.89	Other developmental disorders of scholastic skills
F81.9	Developmental disorder of scholastic skills, unspecified
F82	Specific developmental disorder of motor function
F89	Unspecified disorder of psychological development
F93.8	Other childhood emotional disorders
F98.5	Adult onset fluency disorder
NY Small - Parity for Biologically Based Mental Illness	
F25.9	Schizoaffective disorder, unspecified
F28	Other psychotic disorder not due to a substance or known physiological condition
F29	Unspecified psychosis not due to a substance or known physiological condition
F30.10	Manic episode without psychotic symptoms, unspecified
F30.11	Manic episode without psychotic symptoms, mild
F30.12	Manic episode without psychotic symptoms, moderate
F30.13	Manic episode, severe, without psychotic symptoms
F30.2	Manic episode, severe with psychotic symptoms
F30.3	Manic episode in partial remission
F30.4	Manic episode in full remission

Diagnosis Code	Description
NY Small - Parity for Biologically Based Mental Illness	
F30.8	Other manic episodes
F30.9	Manic episode, unspecified
F31.0	Bipolar disorder, current episode hypomanic
F31.10	Bipolar disorder, current episode manic without psychotic features, unspecified
F31.11	Bipolar disorder, current episode manic without psychotic features, mild
F31.12	Bipolar disorder, current episode manic without psychotic features, moderate
F31.13	Bipolar disorder, current episode manic without psychotic features, severe
F31.2	Bipolar disorder, current episode manic severe with psychotic features
F31.30	Bipolar disorder, current episode depressed, mild or moderate severity, unspecified
F31.31	Bipolar disorder, current episode depressed, mild
F31.32	Bipolar disorder, current episode depressed, moderate
F31.4	Bipolar disorder, current episode depressed, severe, without psychotic features
F31.5	Bipolar disorder, current episode depressed, severe, with psychotic features
F31.60	Bipolar disorder, current episode mixed, unspecified
F31.61	Bipolar disorder, current episode mixed, mild
F31.62	Bipolar disorder, current episode mixed, moderate
F31.63	Bipolar disorder, current episode mixed, severe, without psychotic features
F31.64	Bipolar disorder, current episode mixed, severe, with psychotic features
F31.70	Bipolar disorder, currently in remission, most recent episode unspecified
F31.71	Bipolar disorder, in partial remission, most recent episode hypomanic
F31.72	Bipolar disorder, in full remission, most recent episode hypomanic
F31.73	Bipolar disorder, in partial remission, most recent episode manic
F31.74	Bipolar disorder, in full remission, most recent episode manic
F31.75	Bipolar disorder, in partial remission, most recent episode depressed
F31.76	Bipolar disorder, in full remission, most recent episode depressed
F31.77	Bipolar disorder, in partial remission, most recent episode mixed
F31.78	Bipolar disorder, in full remission, most recent episode mixed
F31.81	Bipolar II disorder
F31.89	Other bipolar disorder
F31.9	Bipolar disorder, unspecified
F31.9	Bipolar disorder, unspecified
F32.0	Major depressive disorder, single episode, mild
F32.1	Major depressive disorder, single episode, moderate
F32.2	Major depressive disorder, single episode, severe without psychotic features
F32.3	Major depressive disorder, single episode, severe with psychotic features
F32.4	Major depressive disorder, single episode, in partial remission
F32.5	Major depressive disorder, single episode, in full remission
F32.81	Premenstrual dysphoric disorder
F32.89	Other specified depressive episodes
F32.9	Major depressive disorder, single episode, unspecified
F32.A	Depression, unspecified

Diagnosis Code	Description
NY Small - Parity for Biologically Based Mental Illness	
F33.0	Major depressive disorder, recurrent, mild
F33.1	Major depressive disorder, recurrent, moderate
F33.2	Major depressive disorder, recurrent severe without psychotic features
F33.3	Major depressive disorder, recurrent, severe with psychotic symptoms
F33.40	Major depressive disorder, recurrent, in remission, unspecified
F33.41	Major depressive disorder, recurrent, in partial remission
F33.42	Major depressive disorder, recurrent, in full remission
F33.8	Other recurrent depressive disorders
F33.9	Major depressive disorder, recurrent, unspecified
F34.81	Disruptive mood dysregulation disorder
F34.89	Other specified persistent mood disorders
F34.9	Persistent mood [affective] disorder, unspecified
F39	Unspecified mood [affective] disorder
F40.01	Agoraphobia with panic disorder
F41.0	Panic disorder [episodic paroxysmal anxiety] without agoraphobia
F42.2	Mixed obsessional thoughts and acts
F42.3	Hoarding disorder
F42.8	Other obsessive-compulsive disorder
F42.9	Obsessive-compulsive disorder, unspecified
F50.00	Anorexia nervosa, unspecified
F50.01	Anorexia nervosa, restricting type
F50.02	Anorexia nervosa, binge eating/purging type
F50.2	Bulimia nervosa
F50.81	Binge eating disorder
F50.89	Other specified eating disorder
R41.1	Anterograde amnesia
R41.2	Retrograde amnesia
R41.3	Other amnesia
R41.83	Borderline intellectual functioning
R48.0	Dyslexia and alexia
Z55.0	Illiteracy and low-level literacy
Z55.1	Schooling unavailable and unattainable
Z55.2	Failed school examinations
Z55.3	Underachievement in school
Z55.4	Educational maladjustment and discord with teachers and classmates
Z55.8	Other problems related to education and literacy
Z55.9	Problems related to education and literacy, unspecified
Z56.1	Change of job
Z56.82	Military deployment status
Z60.0	Problems of adjustment to life-cycle transitions
Z60.3	Acculturation difficulty

Diagnosis Code	Description
NY Small - Parity for Biologically Based Mental Illness	
Z60.4	Social exclusion and rejection
Z60.5	Target of (perceived) adverse discrimination and persecution
Z60.8	Other problems related to social environment
Z62.22	Institutional upbringing
Z62.29	Other upbringing away from parents
Z62.820	Parent-biological child conflict
Z62.891	Sibling rivalry
Z63.0	Problems in relationship with spouse or partner
Z63.32	Other absence of family member
Z63.4	Disappearance and death of family member
Z63.8	Other specified problems related to primary support group
Z63.9	Problem related to primary support group, unspecified
Z64.4	Discord with counselors
Z65.4	Victim of crime and terrorism
Z65.5	Exposure to disaster, war and other hostilities
Z65.8	Other specified problems related to psychosocial circumstances
Z71.89	Other specified counseling
Z72.810	Child and adolescent antisocial behavior
Z72.811	Adult antisocial behavior
Z73.4	Inadequate social skills, not elsewhere classified
Z73.5	Social role conflict, not elsewhere classified
Z76.5	Malingerer [conscious simulation]
Z91.11	Patient's noncompliance with dietary regimen
Z91.120	Patient's intentional underdosing of medication regimen due to financial hardship
Z91.128	Patient's intentional underdosing of medication regimen for other reason
Z91.130	Patient's unintentional underdosing of medication regimen due to age-related debility
Z91.138	Patient's unintentional underdosing of medication regimen for other reason
Z91.14	Patient's other noncompliance with medication regimen
Z91.19	Patient's noncompliance with other medical treatment and regimen
NY Small - Parity for Children with Serious Emotional Disturbances	
F63.0	Pathological gambling
F63.1	Pyromania
F63.2	Kleptomania
F63.3	Trichotillomania
F63.81	Intermittent explosive disorder
F63.89	Other impulse disorders
F63.9	Impulse disorder, unspecified
F84.0	Autistic disorder
F84.2	Rett's syndrome
F84.3	Other childhood disintegrative disorder
F84.5	Asperger's syndrome

Diagnosis Code	Description
NY Small – Parity for Children with Serious Emotional Disturbances	
F84.8	Other pervasive developmental disorders
F90.0	Attention-deficit hyperactivity disorder, predominantly inattentive type
F90.1	Attention-deficit hyperactivity disorder, predominantly hyperactive type
F90.2	Attention-deficit hyperactivity disorder, combined type
F90.8	Attention-deficit hyperactivity disorder, other type
F90.9	Attention-deficit hyperactivity disorder, unspecified type
F91.0	Conduct disorder confined to family context
F91.1	Conduct disorder, childhood-onset type
F91.2	Conduct disorder, adolescent-onset type
F91.3	Oppositional defiant disorder
F91.8	Other conduct disorders
F91.9	Conduct disorder, unspecified

Benefit Considerations

Benefit Guidelines		
Plan	State Requirement	Coverage Required
CT Large and Small Group	Parity	<p>Coverage and cost share structure is equal to that of standard medical/surgical benefits, except for the following diagnoses which are excluded from Connecticut parity legislation:</p> <ul style="list-style-type: none"> • Intellectual disability • Learning disorders • Motor skills disorder • Communication disorders • Caffeine-related disorders • Relational problems • Additional conditions that may be a focus of clinical attention and are not defined as mental disorders in the DSMIV <p>Refer to the member specific benefit plan document or Certificate of Coverage for coverage for confirmation of applicable benefits and exclusions.</p> <p>Refer to the Applicable Codes section of this policy for specific diagnosis codes.</p>
NJ Large and Small Group	Parity	Coverage and cost share structure is equal to that of standard medical/surgical benefits.
NY Large Group	Parity	<ul style="list-style-type: none"> • Coverage and cost share structure is equal to that of standard medical/surgical benefits. Please refer to the member specific benefit plan document or Certificate of Coverage for specific details regarding benefit coverage and exclusions.
NY Small Group	Parity for Biologically Based Mental Illness	<p>The State of New York considers the following conditions to be biologically based for all ages:</p> <ul style="list-style-type: none"> • Anorexia nervosa • Bipolar disorder • Bulimia nervosa • Delusional disorders • Major depression • Obsessive compulsive disorder

Benefit Guidelines		
		<ul style="list-style-type: none"> • Panic disorder • Schizophrenia/psychotic disorders <p>Refer to the Applicable Codes section of this policy for specific diagnosis codes.</p>
	Parity for Children with Serious Emotional Disturbances	<p>The State of New York further applies parity guidelines to "children with serious emotional disturbances." To qualify, members under the age of eighteen (18) years must have one or more of the following diagnoses and meet the criteria which follow:</p> <ul style="list-style-type: none"> • Attention deficit disorders • Disruptive behavior disorders • Pervasive developmental disorders <p>In addition to the diagnoses listed above, the member must display one or more of the following symptoms and/or behavioral issues:</p> <ul style="list-style-type: none"> • Serious suicidal symptoms or other life-threatening self-destructive behaviors • Significant psychotic symptoms (hallucinations, delusions, bizarre behaviors) • Behavior caused by emotional disturbances that placed the child at risk of causing personal injury or significant property damage • Behavior caused by emotional disturbances that placed the child at substantial risk or removal from the household <p>Refer to the Applicable Codes section of this policy for specific diagnosis codes.</p>

References

- Connecticut PL 99-284, codified as CGSA § 38a-514.
- Connecticut Public Act 04-125 (HB 5467).
- H.R. 1424. Emergency Economic Stabilization Act of 2008.
- N.J.S.A. §17B:27-46.1v and NJAC 11:4-57.
- N.J.S.A. §26:2J-4.20 and NJAC 11:4-57.
- New York Code §4303(g); §4303(h); §3221(l)(5)(A)(i); §3221(l)(5)(A)(ii).
- NJ A2238/S1651; DOBI BULLETIN NO: 10-02.
- NJAC 11:20-1.2,-2.4 and 11:20 Appendix Exhibits A and B; Advisory Bulletin 14-IHC-01.
- NJAC 11:21-7.13 Appendix Exhibits F, G, K W, Y HH and II; Advisory Bulletin 14-SEH-03.
- NJAC P.L.2017, c.28; Bulletin No. 17-05
- OptumHealth 2017 Level of Care Guidelines.
- State of New York Insurance Department: Circular Letter No. 3 (2007). Dated 01/31/2007.
- State of New York Insurance Department: Circular Letter No. 5 (2014).
- State of New York: Senate Bill 8482 Chapter 748 of the Laws of 2006.

Policy History/Revision Information

Date	Summary of Changes
10/01/2021	<p>Applicable Codes</p> <ul style="list-style-type: none">• Updated list of applicable ICD-10 diagnosis codes to reflect annual edits for: <i>Connecticut (CT) - Parity Exclusions</i><ul style="list-style-type: none">○ Added F78.A1 and F78.A9○ Removed F78• <i>New York (NY) Small - Parity for Biologically Based Mental Illness</i><ul style="list-style-type: none">○ Added F32.A <p>Supporting Information</p> <ul style="list-style-type: none">• Archived previous policy version BEHAVIORAL 021.33 T0

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