

Doulas

Policy Number: SC15P0048A5

Effective Date: August 20, 2015

Last Update: April 19, 2024

PAYMENT POLICY HISTORY

| Date | Summary of Change |
|-------------------|--|
| April 19, 2024 | Annual review completed. Policy updated to more accurately reflect appropriate U4 mod use. Formatting and grammar updates also applied. |
| February 13, 2024 | Updated payment policy to address new provider eligibility standards granted by MN Medicaid and MinnesotaCare Medical Director Jan 2024. |
| January 8, 2024 | Policy updated to reflect the coding changes effective 1/1/2024. |
| January 1, 2024 | Policy updated to reflect supervision requirements changes made in approved DHS State Plan Amendment (SPA) 23-18, effective 1/1/2024. |
| June 8, 2023 | Annual review completed. Formatting and grammar updates applied. |
| June 1, 2022 | Minnesota Statutes 2020, section 148.995, subdivision 2, is amended as it relates to Doula Certification. |
| May 18, 2021 | Annual policy update. No changes were made to the policy. |
| February 21, 2020 | Annual policy update. The policy was move to an updated UCare template. |
| April 2, 2019 | Annual policy update. Other than updating the UCare logo no changes were made to the Policy. |
| August 2018 | Added information under the frequency and service limitations section of the Policy to request a benefit exception if more than 6 sessions are medically necessary. |
| January 2017 | Annual review: no changes made. |
| January 2016 | Under Payment Policy, sub-heading covered services added language to indicate that Doulas were limited to providing childbirth education and support services which include emotional and physical support during pregnancy. |

APPLICABLE PRODUCTS

This policy applies to the products checked below:

| UCARE PRODUCT | APPLIES TO |
|---|------------|
| UCare MinnesotaCare | ✓ |
| UCare Prepaid Medical Assistance (PMAP) | ✓ |
| UCare Connect | ✓ |

TABLE OF CONTENTS

TABLE OF CONTENTS **PAGE**

PAYMENT POLICY HISTORY 1

APPLICABLE PRODUCTS 2

TABLE OF CONTENTS..... 2

PAYMENT POLICY OVERVIEW 5

POLICY DEFINITIONS 5

ENROLLEE ELIGIBILITY CRITERIA..... 5

ELIGIBLE PROVIDERS OR FACILITIES..... 6

 Provider..... 6

 Facility 6

 Other and/or Additional Information 6

EXCLUDED PROVIDER TYPES 6

MODIFIERS, CPT, HCPCS, AND REVENUE CODES 6

 General Information 6

 Modifiers..... 7

 CPT and/or HCPCS Code(s)..... 7

 Revenue Codes..... 7

PAYMENT INFORMATION 7

 Fee Schedule Updates..... 7

 Covered Services 8

 Non-Covered Services 8

BILLING REQUIREMENTS AND DIRECTIONS 8

PRIOR AUTHORIZATION, NOTIFICATION AND THRESHOLD INFORMATION 8

 Prior Authorization and Notification Requirements 8

 Threshold Information 8

RELATED PAYMENT POLICY INFORMATION..... 9

SOURCE DOCUMENTS AND REGULATORY REFERENCES 9

DISCLAIMER..... 9

This page was intentionally left blank

PAYMENT POLICY INSTRUCTIONS

A payment policy assists in determining provider reimbursement for specific covered services. To receive payment, the provider must be in a contractual relationship with UCare and provide services to a member enrolled in one of UCare’s products. This payment policy is intended to provide a foundation for system configuration, work instructions, call scripts, and provider communications. A payment policy describes the rules for payment, which include applicable fee schedules, additional payment rules by regulatory bodies, and contractual terms. This policy is a general guideline and may be superseded by specific provider contract language.

PAYMENT POLICY OVERVIEW

This Policy outlines the payment and billing guidelines for services performed by Doulas to individuals covered under one of UCare’s PMAP, Connect or MinnesotaCare products.

POLICY DEFINITIONS

| TERM | NARRATIVE DESCRIPTION |
|-----------------|---|
| Certified Doula | Means an individual who has received doula certification and is registered with the Minnesota Department of Health to perform doula services. |
| Doula Services | Means services that offer continuous emotional and physical support throughout labor and birth and intermittently during the prenatal and postpartum periods. |

ENROLLEE ELIGIBILITY CRITERIA

THIS SECTION OF THE POLICY PROVIDES INFORMATION THAT IS SPECIFIC TO THE UCARE MEMBER, INCLUDING INFORMATION ABOUT THE CRITERIA THE MEMBER MUST MEET IN ORDER FOR THE SERVICE(S) IN THE POLICY TO BE ELIGIBLE FOR PAYMENT

Pregnant UCare members are eligible to receive Doula services.

ELIGIBLE PROVIDERS OR FACILITIES**OUTLINED BELOW IS THE SPECIFIC CRITERIA A PROVIDER MUST MEET IN ORDER FOR THE SERVICE(S) IN THIS POLICY TO BE ELIGIBLE FOR PAYMENT.****Provider**

- Doulas who are registered with the Minnesota Department of Health (MDH) may enroll as doula providers for UCare.
- UCare-enrolled doula providers are allowed to provide or bill for doula services for eligible members because of the [Recommendation for Doula Services for Pregnant and Postpartum Minnesota Health Care Programs Members](#) from the MN Medicaid and MinnesotaCare Medical Director.

Facility

Not applicable.

Other and/or Additional Information

Not applicable.

EXCLUDED PROVIDER TYPES**OUTLINED BELOW IS INFORMATION REGARDING PROVIDERS WHO ARE NOT ELIGIBLE TO FURNISH THE SERVICE(S) LISTED IN THIS POLICY.**

Not applicable.

MODIFIERS, CPT, HCPCS, AND REVENUE CODES**General Information**

The Current Procedural Terminology (CPT®) Healthcare Common Procedure Coding System (HCPCS), and Revenue codes listed in this policy are for reference purposes only. Including information in this policy does not imply that the service described by a code is a covered or non-covered health service. The inclusion of a code does not imply any right to reimbursement or guarantee of claim payment.

Modifiers

The modifiers listed below are not intended to be a comprehensive list of all modifiers. Instead, the modifiers that are listed are those that must be appended to the CPT® / HCPCS codes listed below. Based on the service(s) provided, and the circumstances surrounding those services it may, based on correct coding, be appropriate to append an additional modifier(s) to the CPT® / HCPCS code.

When a service requires multiple modifiers, the modifiers must be submitted in the order listed below. If it is necessary to add additional modifiers, they should be added after the modifiers listed below.

| MODIFIER(S) | NARRATIVE DESCRIPTION |
|-------------|--|
| -U4 | For purposes of this policy the U4 modifier indicates services were performed by a doula during a labor and delivery session |

CPT and/or HCPCS Code(s)

Effective 1/1/2024:

| CPT AND/OR HCPCS CODE(S) | MODIFIER | NARRATIVE DESCRIPTION | Comment |
|--------------------------|----------|-------------------------------------|---------|
| T1003 | | Non-Labor and Non-Delivery Sessions | |
| T1003 | U4 | Labor and Delivery Session | |

Previously used codes through 12/31/2023:

| CPT AND/OR HCPCS CODE(S) | MODIFIER | NARRATIVE DESCRIPTION | Comment |
|--------------------------|----------|-------------------------------------|----------------------|
| S9445 | U4 | Non-Labor and Non-Delivery Sessions | Replaced by T1003 |
| 99199 | U4 | Labor and Delivery Session | Replaced by T1003-U4 |

CPT® is a registered trademark of the American Medical Association.

Revenue Codes

Not applicable.

PAYMENT INFORMATION

Fee Schedule Updates

Information regarding the update of fee schedules can be found in the [UCare Provider Manual](#).

Covered Services

- Doula covered services are limited to childbirth education and support services which include emotional and physical support during pregnancy.
- Under the MHCP products UCare covers up to seven (7) sessions with a doula, one of which must be for labor and delivery. The remaining six sessions may be used to furnish antepartum and postpartum care as needed.

Non-Covered Services

Travel time and mileage are not covered services

BILLING REQUIREMENTS AND DIRECTIONS

- Submit Doula services using the MN-ITS 837P format or the electronic equivalent
- Bill all non-labor and non-delivery sessions with T1033, no modifier
- Bill the labor and delivery session with T1033 appended with the -U4 modifier

PRIOR AUTHORIZATION, NOTIFICATION AND THRESHOLD INFORMATION

Prior Authorization and Notification Requirements

A prior authorization is not required for Doula services. UCare does update its' authorization, notification, and threshold requirements from time-to-time. The most current prior authorization requirements can be found [here](#).

Threshold Information

The following limitations apply to Doula services:

- Doulas are limited to billing six (6) non-labor sessions (T1033)
 - If additional visits beyond the six (6) eligible visits are medically necessary, the provider may request a benefit exception.
- Doulas are limited to billing one (1) labor and delivery session (T1033, -U4 Modifier)

RELATED PAYMENT POLICY INFORMATION

OUTLINED BELOW ARE OTHER POLICIES THAT MAY RELATE TO THIS POLICY AND/OR MAY HAVE AN IMPACT ON THIS POLICY.

| POLICY NUMBER | POLICY TITLE |
|---------------|-------------------------------|
| SC14P0007A6 | Freestanding Birthing Centers |

UCare payment policies are updated from time to time. The most current UCare payment policies can be found [here](#).

SOURCE DOCUMENTS AND REGULATORY REFERENCES

LISTED BELOW ARE LINKS TO CMS, MHCP, AND STATUTORY AND REGULATORY REFERENCES USED TO CREATE THIS POLICY

- [MHCP Provider Manual, Reproductive Health OB/GYN, Doula Services](#)
- [Minnesota Statutes, section 144.651, subd. 10](#) (Health Care Bill of Rights: Participation in Planning Treatment; Notification of Family Members)
- [Minnesota Statutes, section 148.995, subd. 2](#) (Definitions: Certified Doula)
- [Laws of Minnesota 2014, chapter 291, article 4, section 23](#) (amended section 148.995, subd. 2)
- [Minnesota Statutes, section 148.996](#) (Registry)
- [Laws of Minnesota 2014, chapter 291, article 4, section 24](#) (amended section 148.996, subd. 2)
- [Minnesota Statutes, section 256B.0625, subd. 28b](#) (Covered Services: Doula Services)
- [HHS omnibus finance bill: Chp. 30, Art. 4, Sec. 3, page 172.1](#) (amended Minnesota Statutes 2020, section 148.995, subdivision 2.)

DISCLAIMER

“Payment Policies assist in administering payment for UCare benefits under UCare’s health benefit plans. Payment Policies are intended to serve only as a general reference resource regarding UCare’s administration of health benefits and are not intended to address all issues related to payment for health care services provided to UCare members. In particular, when submitting claims, all providers must first identify member eligibility, federal and state legislation or regulatory guidance regarding claims submission, UCare provider participation agreement contract terms, and the member-specific Evidence of Coverage (EOC) or other benefit document. In the event of a conflict, these sources supersede the Payment Policies. Payment Policies are provided for informational purposes and do not

constitute coding or compliance advice. Providers are responsible for submission of accurate and compliant claims. In addition to Payment Policies, UCare also uses tools developed by third parties, such as the Current Procedural Terminology (CPT^{®*}), InterQual guidelines, Centers for Medicare and Medicaid Services (CMS), the Minnesota Department of Human Services (DHS), or other coding guidelines, to assist in administering health benefits. References to CPT[®] or other sources in UCare Payment Policies are for definitional purposes only and do not imply any right to payment. Other UCare Policies and Coverage Determination Guidelines may also apply. UCare reserves the right, in its sole discretion, to modify its Policies and Guidelines as necessary and to administer payments in a manner other than as described by UCare Payment Policies when necessitated by operational considerations.”