

## Health Behavior Assessment / Intervention

Policy Number: SC17P0061A2

Effective Date: May 1, 2018

Last Update: May 11, 2023

### PAYMENT POLICY HISTORY

DATE	SUMMER OF CHANGE
May 11, 2023	Annual review completed. General updates made to definitions, payment information, and billing requirements sections.
September 19, 2022	Information regarding code-specific procedure CPT® or HCPCS was removed.
January 6, 2022	Policy review is completed. No update to the policy was needed.
February 9, 2021	Policy review is completed. No update to the policy was needed.
October 19 2020	<p>Annual policy review completed. Updates were made to the code-set. In addition, the policy was updated to include the following Information:</p> <ul style="list-style-type: none"> <li>• Services require a referral from a physician or eligible advance practice provider;</li> <li>• Documentation guidelines must show evidence of coordination of care with the patient's primary medical care providers or medical provider responsible for the medical management of the physical illness that the psychological assessment or intervention addresses; and</li> <li>• Covered providers were updated to include all licensed mental health professionals; and</li> <li>• Health behavior assessment included components and health behavior intervention desired outcomes were added as covered services.</li> </ul> <p>The policy we moved to UCare’s updated branding format. As a result, some information may have been reformatted.</p>
August 28, 2019	Information regarding comparison to the DHS MH Procedure CPT® or HCPCS Codes and Rates Chart and UCare fee schedules was removed from the document. The UCare Provider Manual contains information regarding how and when UCare updates fee schedules. A link to the UCare Provider Manual continues to be available within the document.
May 1, 2019	Annual policy review is completed. Other than updating the UCare logo and links within the document no changes were made to this policy.
May 1, 2018	Policy is implemented by UCare

**APPLICABLE PRODUCTS**

This policy applies to the products checked below:

UCARE PRODUCT	APPLIES TO
UCare MinnesotaCare	✓
UCare Minnesota Senior Care Plus (MSC+)	✓
UCare Prepaid Medical Assistance (PMAP)	✓
UCare Connect	✓
UCare Connect +Medicare (When MHCP is the primary payer)	✓
UCare Minnesota Senior Health Options (MSHO) (When MHCP is the primary payer)	✓

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**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**

Health behavior assessment and intervention is intended to identify psychological, behavioral, emotional, cognitive, and relevant social factors that can prevent, treat, or manage physical health problems. Services must be associated with the patient's primary diagnosis, which is physical in nature, and focus on factors that could complicate the medical condition and treatment.

**POLICY DEFINITIONS**

TERM	NARRATIVE DESCRIPTION
Diagnostic Assessment	Means functional face-to-face evaluation resulting in a complete written assessment that includes clinical considerations and severity of the client's general physical, developmental, family, social, psychiatric, and psychological history, and current condition. The Diagnostic Assessment will also note strengths, vulnerabilities, and needed mental health services.
Health and Behavior Assessment	Means an assessment of the patient’s psychological status in relation to a medical diagnosis, or in determining treatment. It is not intended to identify whether a person has a mental illness or emotional disturbance.
Mental Health Professional	Means one of the following providers: <ul style="list-style-type: none"> <li>• Clinical nurse specialist (CNS)</li> <li>• Licensed independent clinical social worker (LICSW)</li> <li>• Licensed marriage and family therapist (LMFT)</li> <li>• Licensed professional clinical counselor (LPCC)</li> <li>• Licensed psychologist (LP)</li> <li>• Mental health rehabilitative professional</li> <li>• Psychiatric nurse practitioner (NP)</li> </ul>

TERM	NARRATIVE DESCRIPTION
	<ul style="list-style-type: none"> <li>• Psychiatry or an osteopathic physician</li> <li>• Tribal-certified professional</li> </ul>
Notification	Means the process of informing UCare or their delegates of a specific medical treatment or service prior to, or within a specified period of time after the start of the treatment or service
Prior Authorization	Means an approval by UCare or their delegates prior to the delivery of a specific service or treatment. Prior authorization requests require a clinical review by qualified, appropriate professionals to determine if the service or treatment is medically necessary,

**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**

An individual must be enrolled and eligible for coverage in an UCare MHCP product to be eligible for this service. In addition, to receive a Health and Behavior Assessment as patient must be:

- Hospitalized in a medical bed; or
- Receiving medical services in an ambulatory setting.

**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**

The following mental health professionals are eligible to furnish a Health and Behavior Assessment:

- Clinical nurse specialist (CNS)
- Licensed independent clinical social worker (LICSW)
- Licensed marriage and family therapist (LMFT)
- Licensed professional clinical counselor (LPCC)
- Licensed psychologist (LP)
- Mental health rehabilitative professional
- Psychiatric nurse practitioner (NP)

- Psychiatry or an osteopathic physician
- Tribal-certified professional

**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®) 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
U7	Service provided by an Intern or Resident



The –U7 modifier is an informational modifier and does not impact payment.

**CPT and/or HCPCS Code(s)**

CPT AND/OR HCPCS CODE(S)	MODIFIER(S)	NARRATIVE DESCRIPTION
96156		Health behavior assessment, or reassessment
96158		Health behavior intervention, individual, face-to-face; initial 30 minutes
99159		Health behavior intervention, individual, face-to-face; each additional 15 minutes (Used in conjunction with 96158)
96164		Health behavior intervention, group (2 or more patients), face-to-face; initial 30 minutes
96165		Health behavior intervention, group (2 or more patients), face-to-face; each additional 15 minutes (Used in conjunction with 96164)
96167		Health behavior intervention, family (with the patient present), face-to-face; initial 30 minutes
96168		Health behavior intervention, family (with the patient present), face-to-face; each additional 15 minutes (Used in conjunction with 96167)
96170		Health behavior intervention, family (without the patient present), face-to-face; initial 30 minutes
96171		Health behavior intervention, family (without the patient present), face-to-face; each additional 15 minutes (Used in conjunction with 96170)

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

**Revenue Codes**

Not applicable

**PAYMENT INFORMATION**

**Covered Services**

These services are for member’s who have a primary physical diagnosis who may benefit from assessments and interventions that focus on the biopsychosocial factors related to the patient's health status. These services are used to identify the following factors which are important to the prevention, treatment, and management of physical health problems:

- Behavioral
- Cognitive
- Emotional
- Psychological
- Social

Covered health and behavior assessments and reassessments include:

- Health-focused clinical interviews
- Behavioral observations
- Clinical decision-making
- Evaluation of the patient's response to physical health problems, outlook and coping strategies, and adherence to treatment plans

Health behavior intervention services are intended to:

- Modify the psychological, behavioral, emotional, cognitive, and social factors relevant to and affecting the patient's physical health problems.
- Focus on promoting functional improvement, lessening the psychosocial and psychological obstacles to recovery, and improvement of the patient's coping skills related to the medical condition.
- Family interventions should emphasize active member or family engagement and participation.

If further evaluation of the member's psychological status is required to determine if a person has a mental illness or emotional disturbance, a mental health professional must conduct a mental health diagnostic assessment.

### **Noncovered Services**

A Health behavior assessment does not qualify as a mental health diagnostic assessment; do not use to identify whether a member has or does not have a mental illness or emotional disturbance.

Preventive medicine counseling and risk factor reduction interventions are not covered.

### **Time Based Services**

When billing for services that include time as part of their definition, follow HCPCS and CPT guidelines to determine the appropriate unit(s) of service to report. Based on current guidelines, providers must spend more than half the time of a time-based code performing the service to report the code. If the time spent results in more than one- and one-half times the defined value of the code, and no additional time increment code exists, round up to the next whole number. Outlined below are the billable units of

service based on whether the description of the service includes the unit of measurement of 15 minutes or 60 minutes:

MINUTES	BILLABLE UNITS
<b>Fifteen (15) Minute Increments</b>	
0 – 7 minutes	0 (no billable unit of service)
8 – 15 minutes	1 (unit of billable service)
<b>Sixty (60) Minute Increments</b>	
0 – 30 minutes	0 (no billable unit of service)
31 – 60 minutes	1 (unit of billable service)

**BILLING REQUIREMENTS AND DIRECTIONS**

**General Guidelines**

Outlined below are the guidelines related to submitting claims to UCare:

- Services must be submitted using 837P format or the electronic equivalent.
- Enter the treating provider NPI number for each provider furnishing services on each claim line
- Submit the place of service for all visits. For example, place of service code 21 for services furnished in an inpatient setting

**PRIOR AUTHORIZATION, NOTIFICATION, AND THRESHOLD INFORMATION**

**Prior Authorization and Notification Requirements**

Health and Behavior Assessments / Interventions do not require a prior authorization. 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**

Not applicable.

**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
SC14P0004A3	Diagnostic Assessment

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, Mental Health Services, Health and Behavioral Assessment/Intervention](#)

[Minnesota Statutes 256B.0625](#), subd., 3

[Minnesota Statutes 256B.0625](#) subd., 4

**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. 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.”