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Section 1: Introduction

Preface

New Directions Behavioral Health takes pride in the collaborative relationships developed with Network Providers and Facilities. Our Members and your patients/clients gain when we work together to improve accessibility to the highest quality of care possible at the most affordable cost. New Directions encourages Providers and Facilities to give us feedback about programs, policies and processes.

Please consider this Provider and Facility Manual (Manual) as a general guide to programs, policies and processes. When updates to the Manual are made, New Directions makes every effort to communicate them to Providers and Facilities through email, fax, our website, and our quarterly Provider newsletter. The current version of the Manual is available on our website at www.ndbh.com.

Providers and Facilities are encouraged to contact the Network Operations (Provider Relations) department at ProviderRelations@ndbh.com to notify us about updates to your practice locations, demographics and new areas of clinical specialization. To discuss other matters, providers may also call 1-888-611-6285.
About New Directions

Since its formation as a limited liability company in 1995, New Directions Behavioral Health® (New Directions) has become a leading managed behavioral health care organization (MBHO), with national accreditations and recognition. In addition to MBHO services, New Directions provides Employee Assistance Programs (EAP) and health coaching.

New Directions takes a population health, member-centric approach that meets Members where they are and matches the level of intervention to the Members' needs. Our approach is inclusive of mental health, substance use, chronic health conditions and social determinants of health. Our multifaceted care management program includes utilization management for Members in higher levels of care; care transitions for Members who are being discharged from inpatient and residential levels of care; case management for Members who are high risk/high cost; and specialty programs focusing on high-risk acute need populations.

All of our services are designed to assure that Members get the right care at the right time with the right Provider and that they are connected with needed community supports. We partner with Members, family members/support systems, Providers and our customers in everything we do, taking into consideration the Member’s culture, geography, health status and other psychosocial factors. Our experience indicates that this focus on quality results in lower health care costs and increased Member safety, Member satisfaction and Provider satisfaction.

New Directions has built a national reputation for innovative services focused on patient safety. In addition to recognition and awards from URAC and NCQA (National Committee on Quality Assurance), New Directions has received honors for its Paradigm for the Telephonic Assessment of Suicide Program from URAC in the category, Best Practices in Health Care Consumer Empowerment Protection.

New Directions has URAC accreditation for Health Utilization Management and for Case Management, and full accreditation from NCQA as a MBHO. Our clinical operations follow the standards set by these nationally recognized organizations, as well as state and federal laws.

Providers and Members give New Directions high marks. The most recent surveys reflect satisfaction rates above 90%! Our reputation for quality and service is grounded in a philosophy of collaboration with the behavioral and medical providers caring for our Members.
New Directions’ Expectations of Providers

We appreciate your hard work and dedication to empower Members to live life to the fullest. Our goal in working with our Provider community is to continuously improve the care delivery system within each of our networks from region to region. We strongly believe that we can only do so through continuing to strengthen our collaborative working relationships with Providers who use evidence based practices with fidelity to the model, and whose clinical outcomes for Members support their recovery of health and life roles. The success of these efforts will be demonstrated by our ability, working with our network to achieve the Triple Aim of improved health, reduced cost and a better Member experience.

This manual is a valuable resource that describes our commitment, expectations and services to support your success in delivering care to Members. Please refer to our delivery of care expectations below and our supportive resources described in the Clinical Program section.

Our Top 10 Delivery of Care Expectations and Supportive Resources

1. Delivery of care in the least restrictive setting
   a. Providing the least restrictive setting is especially important when Members are being evaluated for higher levels of treatment. The level of intensity of services will need to match the Member’s clinical needs. We prefer that Members be treated as close to their homes as possible to help ensure community-based resources are in place to support better outcomes over a longer period of time.

2. Setting clear and measurable goals
   a. We believe more treatment does not necessarily mean better treatment. It is the Provider’s responsibility to establish key treatment milestones with clear and measurable goals to understand progress and objectively determine when a Member has successfully completed treatment. Treatment must answer the questions, “Why is this level of care needed now?” “What measurable outcomes will be used to define success?”

3. Improved member engagement
   a. Make use of New Directions Care Transitions and Case Management teams (see SECTION 6) to help Members safely discharge to the community and have a comprehensive community-based treatment plan. We expect Providers will obtain a Release of Information (ROI) form before discharge because it enables New Directions to coordinate care and facilitate access to other types of clinical resources, such as in-home treatment with targeted case management. The ROI is important because it allows these resources to work directly with the patient, as well as family members. When New Directions can include additional resources we can educate both the patient and the family, and we are able to proactively address behavioral health much sooner.
4. **Discharge planning**
   a. Discharge planning must begin on the day of admission. Discharge planning means the elements of IDEAL Discharge Planning as published by the Agency for Healthcare Research and Quality, available at www.ahrq.gov. Discharge Planning includes at least one (1) meeting to discuss concerns and questions with the Member, family, or support system of their choice, and the Member’s attending provider.
   b. In a value-based system of care, improved health outcomes, such as reduced readmissions, will be critical to warrant increases in reimbursement. A facility’s success will be measured by the patient’s progress after discharge and other key indicators. Discharge planning is key to that progress. New Directions can support you in getting a comprehensive discharge plan coordinated.

5. **Scheduling 7-day follow-up appointment after mental health inpatient discharge**
   a. After an inpatient discharge, Members should follow up with a licensed clinician within seven days. When coordinating 7-day follow-up appointments, providers must verify the patient’s availability for the appointment. New Directions can assist in identifying providers who can offer appointments within 7 days.

6. **Community-based resources**
   a. Utilize community-based resources to address social determinants of health while providing longer-term stability and independence. New Directions can assist you with our sophisticated resource database to identify resources such as food pantries, domestic abuse shelters, energy assistance, job training and support groups, among many others.

7. **Integration with physical health**
   a. Coordinating care with the patient’s primary care physician (PCPs) will create a holistic care plan to address comorbidity, especially as PCPs are typically the main prescribers of psychiatric medications.

8. **Provider performance**
   a. New Directions is committed to having a high quality network of Providers available to Members. Consistent with the triple aim of healthcare, Provider performance will be monitored and will include improved Member health, reduced cost and a better Member experience, measured by a variety of metrics that may include readmissions, timely access to treatment, etc.
   b. We recognize and may reward Providers who consistently demonstrate excellent quality and outcomes as part of our ongoing commitment to outstanding care for Members through partnership with our Provider network.
9. **Clinical record documentation**

   a. Documentation must be clear and support the claims billed and/or services that meet medical necessity criteria for ongoing treatment.

   b. The medical record must include documentation of the active participation of the Member in treatment and progress toward goals achieved.

10. **Measure outcomes**

   a. New Directions conducts Provider Profiling using claims-based analysis that enables us to understand network quality and cost performance at the individual provider and facility level. This allows us to guide Members to top performing Providers who meet Member needs in terms of service, cultural attributes and accessibility factors.

Together is the way forward. By collaborating, we can achieve more on the patient’s behalf. When you need additional support, New Directions offers innovative resources to help support your success such as on-site care management, on-site care transitions, an enhanced network of outpatient providers who can see Members within 7 days of discharge, in-home behavioral health services, coordination of medication delivery on the day of discharge, and coordination of medication compliance follow-up, among other services (services are not available in all locales). Email New Directions Provider Relations at ProviderRelations@ndbh.com to learn about the resources available in your area.

**Provider Communications**

New Directions updates the Manual annually and as needed. The updated version is available online at [www.ndbh.com](http://www.ndbh.com). Throughout the year, we convey policy changes and other pertinent information to Providers and Facilities through various channels:

- Newsletters
- Broadcast emails
- Office manager meetings
- Website at [www.ndbh.com](http://www.ndbh.com)
- Educational workshops and symposiums

Please ensure your email address, office location and practice information is up-to-date by reviewing your provider directory information at [Provider Update Form](http://www.ndbh.com). Remember, as a participating provider in New Directions' network, you are required to notify us within 72 hours if you have a change of address.

**Contacting New Directions**

To contact the New Directions Service Center for utilization management, case management, case consultation, or administrative questions regarding eligibility, benefits or claims, please refer to health and group plan-specific information in the Appendix at the end of this Manual.
Website
New Directions provides detailed and easy-to-use information about many programs and services at www.ndbh.com. Updates occur frequently to provide current information about behavioral health care and services. The website includes the following:

- Most recent version of the Manual
- Documentation forms
- New Directions Medical Necessity Criteria for authorization of payment determinations
- Medical Policy for rTMS
- New Directions Applied Behavior Analysis for the Treatment of Autism Spectrum Disorder Medical Policy
- Clinical Practice Guidelines
- Provider WebPass (username and password is needed)
  - Eligibility information for many New Directions’ contracts
  - Outpatient Quality Review Forms
  - Benefit information for many New Directions’ contracts
- Notice of Privacy Practices for New Directions
- Member Rights and Responsibilities
- Information about our Quality and Case Management programs
- An Autism Resource Center for parents/caregivers of a child with an autism spectrum disorder
- An Alcohol Resource Center to assist Members and families struggling with alcohol misuse or dependency

The website also includes a Provider Search feature, allowing our Members to locate Providers by name, location and specialization. Members can also filter their searches by gender, language, age group, ethnic origin, credential/discipline and whether providers are accepting new patients.

The Health Plan Member section includes a description of our Quality Improvement activities, results of Member Satisfaction Surveys, reports of access and appointment availability, and results and information about our Case Management Programs. These materials are also available in print upon request.

NCQA Network Reports

Please be aware that you or your patients may be selected to complete an NCQA survey about their New Directions experience.

Geographical availability and access to appointments are measured at least annually, and the results shared with Providers.

Member and Provider Satisfaction Surveys are conducted annually and the results shared with Providers.
Section 2: Network Operations

Policies and Procedures

Pursuant to the terms of the Provider/Facility Agreement, Providers and Facilities must comply with New Directions policies and this Manual. Certain policies may apply to only a designated line of business or type of benefit Plan or government-sponsored health benefit program. You may find select policies and procedures at www.ndbh.com. To obtain a written copy of New Directions policies and procedures, email us at ProviderRelations@ndbh.com.

Change in Provider Demographics

Providers must notify New Directions of any changes to availability or demographics, including email address, with appropriate notice. Refer to the Appendix below to determine the deadlines that apply to you. To submit changes, please complete the Provider/Facility Update Form. To obtain a copy of the Provider/Facility Update Form, please visit www.ndbh.com and download a copy. Instructions on how to complete the Provider Update Form are available in the Providers section of New Directions’ website.

Credentialing Criteria

New Directions credentials and re-credentials Providers and Facilities in compliance with NCQA accreditation standards and applicable state and federal laws. Decisions regarding credentialing and re-credentialing are made by the New Directions Credentialing Committee.

Minimum criteria for consideration as a Provider in the New Directions Network must include:

- A license for independent practice
- For facilities, PHP and IOP programs, an active accreditation by JCAHO or CARF.
- Minimum practice of fifteen hours per week
- An acceptable level of professional liability insurance (preferred coverage is $1,000,000 occurrence/$3,000,000 aggregate but may vary according to State law or Plan requirements)
- Internet access
- Up-to-date mailing address and email address
- Have 24-hour coverage

Site Visits

New Directions may conduct a site visit of network provider facilities and/or offices. Site visits are conducted using the internal New Directions On-Site Evaluation Form. Site visits may include a review of any or all of the following:

- Availability and access to services
- Physical plant safety & environment
New Directions will contact the designated provider and/or facility in advance to arrange a mutually agreeable time and date for the site visit, though reserves the right to make unannounced visits. Site visits are to be collaborative, consultative and educational. Our objective is to strengthen service delivery. Following the site visit, the provider and/or facility will receive a written summary of all findings. If needed, the report will include an action plan to ensure compliance with New Directions’ standards.

**Provider Rights and Responsibilities**

**Providers have the right to:**

1. Access information contained in personal Credentials Files
2. Rectify erroneous information in personal Credentials Files
3. Be informed of their status in the credentialing/re-credentialing process
4. Request a hearing in accordance with the policy - “Fair Hearing Plan”, if an adverse recommendation regarding participation in the New Directions’ Network is made
5. Be credentialed in accordance with the policy - “Provider Credentialing and Recredentialing” policy, which describes the processes for credentialing and re-credentialing, including:
   - Maintaining the confidentiality of the Credentials Files to the extent permitted under state or federal laws and New Directions’ Policies
   - Credentialing and re-credentialing recommendations that are non-discriminatory
   - Right to be notified if information received during the credentialing/re-credentialing process is substantially different from information received from a Provider
   - Notification within 10 business days of adverse credentialing/re-credentialing decisions
Providers have the responsibility to:

1. Use and disclose protected health information in accordance with federal and applicable state laws

2. Comply with New Directions' and the applicable Plan's credentialing, quality management, Member grievance, care transitions, performance evaluation, disciplinary process, utilization review, care management, and disease management programs

3. Comply with New Directions, and the applicable Plan’s, claims submission and processing requirements

4. Maintain health information (treatment records); submit to reasonably requested audits; implement action plans as required; and participate in follow-up reviews of deficiencies

5. Obtain Release of Information (ROIs), and other consents, required to enable coordination of care, care management, and claims resolution activities by New Directions and the Member's Plan.

6. Communicate with primary care physicians and other Providers about mutual Members

Checking Member Eligibility and Plan Benefits (Provider WebPass)

WebPass is available for the convenience of Providers, Office Administrators and Facilities. You will find membership eligibility and Plan benefits at www.ndbh.com in the Provider WebPass section. If you do not have a username and password to enter this area of the website, please complete the Access Request Form, which can be located in this Manual or on www.ndbh.com. You may also contact us by email at PRWebPass@ndbh.com.

Web-based online support via the Internet: New Directions' online WebPass system is a password-protected website that offers providers the ability to request and verify member authorizations 24/7/365, communicate discharge information, and accept case management referrals. To access our WebPass Provider sign-up form, Provider Manual, Medical Necessity Criteria, Clinical Practice Guidelines and Treatment Request Forms, visit our website.

The WebPass system provides users with a safe and secure way to send protected health information to New Directions. Please remember that much of the Internet is not secure. Protected health information should not be communicated by email.

Getting Started with WebPass
To access the New Directions WebPass system for individual Providers, you will need to obtain a user name and password. Complete the "Provider WebPass Access Request Form and Agreement" located at https://webpass.ndbh.com/
To access the New Directions WebPass system for facilities or groups, send the names of staff needing an account to PRWebPass@ndbh.com. Please include your staff members’ first and last names and their email addresses.

**Let Us Know How the System Works**
If you experience problems with obtaining timely eligibility and benefits information, please contact us toll-free at 1-888-611-6285 or by email at PRWebPass@ndbh.com.
Section 3: Provider Accessibility

Overview

New Directions is committed to assisting Members obtain timely access to services with appropriate Network Providers. When Members contact New Directions and request assistance in finding a Provider for a routine referral, New Directions provides the name and contact information for 3-5 Providers. For Members contacting New Directions with urgent needs, New Directions links the Member with the provider and sets up the appointment. Whenever possible, New Directions utilizes ReferralQuick, a proprietary scheduling system, to facilitate Member access to care.

About ReferralQuick
ReferralQuick is a proprietary, online scheduling system that allows New Directions to provide Members with real-time assistance in scheduling appointments with Network Providers. ReferralQuick is a voluntary and free service available to any Network Provider who would like to offer appointments for scheduling. If you would like more information or to begin using the ReferralQuick system, please contact Network Operations at ProviderRelations@ndbh.com

Availability Standards

New Directions requests that Providers make every effort to be available for emergent appointments. If a Member contacts your office with an emergent situation, and your office cannot provide an appointment within appropriate timeframes based on the Member’s clinical situation, your office should refer the Member to an emergency room.

Emergent Care, Life-Threatening
In an emergency situation, the Member must be offered the opportunity to be seen in person immediately.

Emergent Care, Non-Life-Threatening
When there is a significant risk of serious life deterioration, the Member must be seen within six (6) hours of the request.

Urgent
In an urgent situation, the Member must be offered the opportunity to be seen within twenty-four (24) hours of the request.

Routine Office Visit - Initial
For a routine office visit that is considered the initial visit, the Member must be offered the opportunity to be seen within seven (7) days of the request.
Routine Office Visit - Follow-Up

For a routine office visit that is considered a follow-up visit, the Member must be offered the opportunity to be seen within thirty (30) days of the request.

Coordination of Care with Primary Care Physicians and other Providers

New Directions encourages all Providers to coordinate and share information with your patients’ primary care physicians (PCP) and other health care Providers, both behavioral and medical specialists (e.g., neurologists, pain management, etc.). New Directions will be actively participating in these collaborative efforts. You may be contacted by a New Directions staff member to assist in scheduling an appointment, verifying attendance, treatment planning, medication reconciliation, and completing the New Directions coordination of care form, as well as other efforts to coordinate care.

Members benefit when all health care Providers share health information. New Directions recommends Network Providers educate and explain to Members the important reasons for sharing health information with their PCP and other health care Providers.

Under HIPAA, authorization from a Member is not usually required when sharing health information with other treating health care Providers or with New Directions. Such activity falls under the treatment, payment, and health care operations exceptions under HIPAA. Heightened requirements exist for certain types of health information under 42 CFR Part 2, and state laws specific to mental health or substance use clinical information. Identifying information related to HIV/AIDS and genetics are also subject to more stringent requirements. Providers are also expected to comply with relevant state laws regarding contact with other health care Providers.

Providers should educate their patients on the benefits of coordinated care and request ROIs, when applicable, in order to promote better outcomes and whole person treatment. We encourage all Providers to participate in these collaborative efforts to ensure the best possible outcomes for Members. For more information, email Provider Relations at ProviderRelations@ndbh.com.
Section 4: Member Safety and Quality of Care

Member and Client Rights and Responsibilities

Members/Clients have the right to:
1. Receive information about New Directions, its services, its Network Providers and Affiliates, and their rights and responsibilities
2. Be treated with respect and receive recognition of their dignity and right to privacy
3. Participate with Network Providers and Affiliates in decisions about their health care
4. Receive a candid discussion of appropriate or medically necessary treatment options for their health conditions, regardless of cost or benefit coverage
5. Voice complaints or appeals about New Directions or the care it provides, either verbally or in writing, and obtain prompt resolution
6. Make recommendations regarding this Statement of Rights and Responsibilities for Members and Clients

Members/Clients accept the responsibility to:
1. Provide information (to the extent possible) that New Directions and its Providers and Affiliates need to provide health care
2. Follow the Plans and the instructions for care and treatment agreed upon by Plans, Providers and Affiliates
3. Understand their health conditions and participate in developing mutually agreed-upon treatment goals, to the extent possible

Quality Improvement

New Directions establishes and maintains the Quality Improvement (QI) Program, which is designed to continuously improve the quality of behavioral health care and service provided to our members. QI initiatives strive to achieve significant improvement in identified clinical and non-clinical service areas and are expected to have a positive impact on health outcomes, services received, and member and provider satisfaction over time.

Data collected for QI projects and activities are related to key indicators of clinical care and service that focus on high-volume and high-risk diagnoses, services or populations. Goals are established, measured and analyzed; many of which are based on those established by national accrediting organizations and best practices. The QI Program is intended to ensure
that the structure and processes in place lead to desired outcomes for both Members and Providers.

The scope of the New Directions QI Program includes:

- Member safety
- Treatment services
- Treatment outcome
- Access and availability of care
- Continuity and coordination of care
- Cultural and linguistic needs
- Case Management services
- Complaints
- Member and Provider Satisfaction
- Confidentiality and privacy

New Directions evaluates its QI Program annually. Based on the results, a new Work Plan is created for the following year. Printed copies of the QI Program Evaluation, Work Plan, and Description are available to providers on request by emailing ProviderRelations@ndbh.com.

**Utilization Management (UM) Services**

The UM program promotes positive health outcomes by providing the structure and processes needed to provide UM services for all Managed Behavioral Health (MBH) Members and to provide support to Members in need of behavioral health care. The UM Program is a framework for making benefit determinations affecting the health care of members in a fair, impartial and consistent manner. All UM services are provided by phone or through New Directions’ website ([www.ndbh.com](http://www.ndbh.com)).

The UM staff is available 24/7 to provide information about UM processes and to address requests for benefit coverage. Members have direct access to all behavioral health providers and can self-refer to Providers for assessment. Members who contact New Directions for assistance to find a Provider and obtain an appointment are asked a series of questions. These questions enable UM staff to determine the type of services needed, the acuity of the member's condition, and the appropriate time frame for the appointment. In urgent and emergent situations, the Member is assisted with access to services. The safety of the Member is the primary concern. The staff facilitates peer clinical reviews, appeals and coordinates services with other departments.

**Focus Areas**

**Member Safety** - New Directions promotes the exchange of information between medical and behavioral health Providers. Communication with Providers about key elements associated with Member care improves Member safety, continuity of care, and coordination of care.
**Medication Safety** - Identifying opportunities for medication reconciliation is one of the key elements of coordination of care activities. When Members participate in our Case Management (CM) program, provide a list of the medications reported by the Member or from facility discharge orders to their prescribing physicians. This enables the prescribing physicians to review the medication list and identify and reconcile any discrepancies. New Directions’ case managers utilize our Coordination of Care fax form (COC Form) to communicate with medical and behavioral health Providers to facilitate medication reconciliation. By informing ordering Providers of the need for medication reconciliation, actions can be taken to reduce inconsistencies, decrease the potential for harm and provide a channel to communicate a list of Members’ prescribed medications to medical and behavioral health Providers.

- **Medication Overdose** – Studies show that suicide attempt by overdose is associated with high personal and social costs along with a high rate of repeated admissions. New Directions designed a Medication Overdose Prevention Program to decrease the potential for recurrent prescribed medication overdose among Members hospitalized for psychiatric and/or substance abuse treatment. When New Directions’ case managers learn that a Member is hospitalized for a suicide attempt by overdosing with prescribed medications, they notify the prescribing physician prior to member discharge. Physicians can then determine if a change in prescription is needed.

**Quality of Care** - New Directions strives to develop, maintain and promote best practices in behavioral health care. Our main focus is on defining and measuring quality.

- **HEDIS Performance Measure Monitoring** - HEDIS (Health Care Effectiveness Data and Information Set) measures are tools used to gauge performance on important dimensions of care and service. The following measures, monitored by New Directions, involve Providers’ implementation of best practices in managing their patients’ behavioral health care.

  o **Antidepressant Medication Management** – Studies indicate that nearly half of all patients who begin antidepressant treatment discontinue medications within the first 90 days of being prescribed medications, while half the remaining patients discontinue medications during the continuation phase, which includes the initial 180 days. New Directions monitors Members 18 years and older with a diagnosis of major depression who have been treated with antidepressant medication, for their continued use of the medication at 84 days (acute phase) and 180 days (continuation phase).

  o **Follow-Up Care for Children Prescribed ADHD Medication** – The AACAP 2007 ADHD Practice Parameter recommends an office visit after the first month of treatment to review progress and determine whether the stimulant trial was successful and should continue as maintenance therapy. Children who are newly prescribed ADHD medication are monitored for completion of at least three follow-up care visits within a 10-month period, one of which was within 30 days of when the first ADHD medication was dispensed and continuation on the medication prescribed.

  o **Follow-Up after Hospitalization for Mental Illness** – Timely follow-up after hospitalization promotes continuity of care and reduces the likelihood of re-
hospitalization. New Directions assists Members in receiving timely outpatient behavioral health services following a discharge from an in-patient behavioral health admission. Members, 6 years of age and older, who were hospitalized for treatment of selected mental illness diagnoses, are monitored for completion of an outpatient visit, intensive outpatient encounter or partial hospitalization encounter within 7 days and 30 days of discharge.

- **Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who are Using Antipsychotic Medications** – People with schizophrenia and bipolar disorder are at a greater risk of metabolic syndrome due to their serious mental illness. Diabetes screening for individuals with schizophrenia or bipolar disorder and who are prescribed an antipsychotic medication may lead to earlier identification and subsequent treatment of diabetes. Members 18-64 years of age with schizophrenia, or bipolar disorder, and who were dispensed an antipsychotic medication are monitored to determine if they have had a diabetes screening test during the year.

- **Initiation and Engagement of Alcohol and Other Drug Dependence Treatment** – Studies have identified the need to quickly engage Members in follow-up treatment after they have been diagnosed with a substance use disorder. New Directions monitors Members, ages 13 years and older, with newly diagnosed alcohol and drug dependence, to assure that treatment was initiated within 14 days of the diagnosis. The measure also reflects the percentage of Members who meet this criteria and who are engaged in two or more additional services within 30 days of the initiation visit to evaluate ongoing treatment engagement.

- **Plan All-Cause Readmissions** – Discharge from an inpatient setting is a critical transition point in a member’s care. New Directions, in conjunction with Health Plans, monitors the number of adult acute inpatient stays that were followed by an acute readmission within 30 days. The measure is used, in part to identify additional discharge planning needs for the member who readmits, to identify facility trends and identify potential gaps in discharge resources. Both behavioral health and medical admissions are considered in this annual HEDIS measure.

- **Adherence to Antipsychotic Medications for Individuals with Schizophrenia** – For Members with schizophrenia, lack of adherence to treatment with antipsychotics is common, and can be a significant cause of relapse. New Directions monitors the percentage of adult Members with schizophrenia who were dispensed and remained on an antipsychotic medication for at least 80 percent of their treatment period.

  Monitoring antipsychotic medication adherence may lead to a reduced rate of relapse and fewer hospitalizations.

New Directions’ Behavioral Health Screening programs are designed to provide early identification of potential disorders, and assist Providers as they direct Members to appropriate assessments and levels of care to avoid complications of untreated conditions.
The Behavioral Health Screening for Coexisting Depression and Substance Abuse program aims to detect depression in members admitted to a higher level of care for substance abuse disorder. New Directions utilizes WebPass and telephonic utilization management contacts to collect information as to whether a depression screen was performed, and if the result was positive during all admissions for a substance use disorder. If left unidentified and untreated, the coexistence of substance use and depression can complicate treatment of the Member and can hinder Providers’ efforts to address the Member’s substance use disorder. This comorbidity places individuals at high risk for suicide and social and personal impairment.

The Behavioral Health Screening for Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who are Using Antipsychotic Medications is a program based on scientific evidence that, in patients diagnosed with schizophrenia or bipolar disorder, a strong correlation exists between the prescription of antipsychotic medications and the occurrence of diabetes. Members with bipolar disorder or schizophrenia who are actively engaged in New Directions’ Care Management programs and who are being treated with antipsychotics will be asked if they have had a fasting glucose or HbA1c test in the past calendar year. If not, they will be encouraged to speak with their prescriber to obtain this screening.
Section 5: Managing Utilization

Medical Necessity Criteria

Medical necessity criteria (MNC) can be located and downloaded at www.ndbh.com under the Provider link. Our MNC helps to guide our utilization management philosophy and overall approach to delivery of behavioral health services.

New Directions bases medical necessity decisions on appropriateness of care and service as well as available and applicable benefits. New Directions does not reward or offer financial incentives to employees or personnel contracted to perform clinical review functions to make judgments that would deliberately result in under-utilization of services or utilization of inappropriate care/services. The Utilization Management (UM) Program serves as a framework for making benefit and medical necessity determinations in a fair, impartial and consistent manner.

A hard copy of the Medical Necessity Criteria can be requested by emailing Network Operations at ProviderRelations@ndbh.com.

Utilization Management

Behavioral health benefits requiring UM, are managed by New Directions to ensure that Members have timely access to the most appropriate environment as medically necessary. We coordinate care among the Member's primary care physician, psychiatrist, and behavioral health therapist.

New Directions' UM staff are available 24 hours a day, 7 days a week. Please refer to the Appendix for this manual for the appropriate Plan and phone number to call to address questions about the UM process, send outbound communication regarding UM inquiries, connect Providers with Clinical Peers, or initiate reviews with external or independent review organizations. New Directions staff will identify themselves by name, title and organization when initiating or returning calls regarding UM issues. New Directions offers TDD/TYY and language assistance services for Members, Providers and Facilities to discuss UM issues.

New Directions bases decisions about utilization of services only on eligibility, coverage and appropriateness of the care and service. There are no financial incentives for decisions that result in under-utilization of services or care. New Directions does not reward, hire, promote or terminate individuals for issuing denials of coverage.

Members may contact New Directions at the phone number on their insurance card for a referral to a Network Provider. New Directions will assist in identifying appropriate Providers in the Member's area and may provide additional assistance with making a timely appointment with the appropriate Provider.
Benefit information, eligibility, and any requirements for pre-notification or authorization for coverage specific to the Plan are included on the Plan Fact Sheets in the Appendix.

**Clinical Peers**

Clinical Reviewers and Clinical Peers are available any time a Provider has a concern about access to services, an authorization for services, a UM decision, a level of care recommendation, or other matters relevant to Member care. It is not necessary for a claim to reach the formal denial or appeal process for such dialogue to take place. External and independent review organizations are also available.

**UM Process Limitations**

Please also be aware that New Directions’ UM process is designed to comply with the requirements set forth by federal and state statutes and regulations, accreditation standards, and Plan requirements. In addition, New Directions, as well as Providers and Facilities, are required to abide by federal and state confidentiality laws with respect to the disclosure of a Member’s information.

Accordingly, and in compliance with confidentiality laws, New Directions will not conduct the UM process in any manner with third party billing or management companies unless they provide written authorization, using the applicable Plan’s Authorized Representative form (i.e. Florida Blue, BCBSM, etc.), that the Member has approved such company his or her Authorized Representative. This authorization is required even if the third party billing or management company has entered into a Qualified Service Organization Agreement with a Provider or Facility. Furthermore, New Directions will not accept clinical information from, or disclose clinical information to, these companies without such authorization.

**Guidelines for Treatment Record Documentation**

The following Guidelines were developed for treatment records review, and to promote orderliness, security, confidentiality and adequate documentation. Providers may be asked to submit several medical records for audit in accordance with these Guidelines. A passing score is 80 percent.

1. **Confidentiality:** (a) Treatment records are securely stored; (b) only accessible by authorized personnel; and (c) office staff receives periodic training in confidentiality of patient information.

2. **Personal/Biographical Information:** Personal/biographical information is documented in a consistent location in the treatment record. Information includes:
   - Name or ID number on each page
   - Date of birth
• Home address
• Home/work telephone numbers
• Gender
• Employer or school
• Marital or legal status
• Appropriate consent forms/guardianship information
• Emergency contact information

3. **Comprehensive Treatment Record Organization**: A comprehensive medical record is defined as a single all-inclusive record of health information that is comprised of all clinical patient information available to the Provider or Facility. The internal information from the Provider is integrated with external information.

Practices that have satellite offices must have at least one location that maintains a comprehensive treatment record.

Providers must establish a separate record for each Member. All contents of the paper or hard copy treatment record are in an established format and sequencing, either in chronological or reverse chronological order.

An Electronic Medical Record (EMR) may encompass multiple applications to form a comprehensive record. For example, if demographic information such as home/work phone number is stored in one application, and follow-up visit information is stored separately from the main EMR, all applications must be accessible to the clinical staff from an individual work station.

4. **Allergies**: Documentation of medication allergies is clearly noted. If the patient has no known allergies, this is noted in the treatment record – typically as NKA (no known allergies) or NKDA (no known drug allergies). Physician and Nurse Practitioner records also clearly describe the reactions associated with allergies.

5. **Special Status Situations**: Special status situations include conditions where the patient is at imminent risk of harm, has suicidal or homicidal ideation with a plan, or is unable to conduct activities of daily living. Observations of these situations and prompt referral to the appropriate level of care are documented in the record.

6. **Medication Management**: Records contain information about medication. This information includes:
   • Medication prescribed, including quantity or documentation of no medication
   • Dosages and usage instructions of each medication (physician and nurse practitioner records)
   • Dates of initial prescription or refills (physician and nurse practitioner records)
   • Herbal medications or over the counter medications
7. **Alcohol, Tobacco, And Substance Use and/or Abuse**: Documentation includes past and present use of cigarettes, alcohol, and prescribed, illicit, and over-the-counter drugs, including frequency and quantity.

8. **Mental Status Evaluation**: The treatment record contains evidence of at least one mental status evaluation/examination (e.g., patient’s affect, speech, mood, thought content, judgment, insight, attention or concentration, memory and impulse control).

9. **History**: A psychiatric and medical history was obtained and documented in the record outlining the patient’s past treatment and response (or lack thereof). The history consists of:
   - Previous treatment dates
   - Therapeutic interventions and responses
   - Sources of clinical data (e.g., self, mother, spouse, past records)
   - Relevant family information
   - Consultation reports, if available/applicable (e.g., psychological testing)
   - Lab test results, if applicable, in physician and nurse practitioner records (i.e., Lithium, Depakote, Tegretol levels)

10. **Minor Patients Treatment Records**: Records of minor patients (under 18 years of age) contain documentation of prenatal and parental events, complete developmental histories (physical, psychological, social, intellectual, and academic) and evidence of family involvement in care within 60 days of the initial visit. When a minor is prescribed a psychotropic medication, documentation reflects parental consent and that the parent or legal guardian is informed about the medication, its purpose, side effects, risks, and treatment alternatives.

11. **Diagnostic Testing**: All diagnostic testing, reports and their interpretations are present (e.g., psychological testing reports, and neuropsychological testing reports, and laboratory reports).

12. **Treatment Plan**: Within the first 3 visits, the treatment plan contains (a) specific measurable goals, (b) documentation the treatment plan and/or goals were discussed with the patient, (c) estimated time frames for goal attainment or problem resolution, and (d) documentation of the patient’s strengths and limitations in achieving goals. This personalized treatment plan for each individual Member should guide the overall treatment process.

13. **Diagnosis**: The treatment record documents a DSM-V or ICD-10 diagnosis or clinical impression within the first three visits. “Deferred” or “Rule out” diagnosis is acceptable but must be revised within 3 visits. In order to reflect the Member’s appropriate Risk Adjustment Factor under the Affordable Care Act, the Member’s diagnosis needs to include all of the diagnoses impacting the Member, reflecting the severity of the patient’s overall illness.
14. **Treatment Record Notes:** Each face-to-face encounter note contains (a) reason for the Member’s visit; (b) objective and subjective documentation of the patient’s presentation; (c) goal of the service; (d) summary of the intervention/service provided with the Member response; and (e) an updated treatment plan, and (f) diagnosis being treated during service. Treatment Record Notes must support the medical necessity of the service provided and support the code that is billed. Documentation for each visit must stand alone.

   a. The treatment record reflects an individualized interaction with the member. Documentation is not repetitive or reflective of rote or cloned charting.

   b. Documented abnormalities in the assessment or exam (indicated by check mark or narrative) also include an intervention or rationale that reflect the documented abnormality was addressed by the Provider.

15. **Group Notes:** Group documentation must be for each specific encounter for the date of service and each session attended, not a collective summary for multiple sessions or dates of service. Documentation must include:

   a. Date, start/stop times, and duration of the group
   b. Purpose of group
   c. Objective and subjective documentation of the Member’s presentation during group (individualized to the Member)
   d. Summary of the intervention utilized
   e. Member’s response to the group
   f. Provider of group is documented and authenticated with professional degree and/or professional credentials
   g. Documentation must support medical necessity and be connected to the Member’s individualized treatment plan

16. **Doctors’ Orders for Drug Screens:** Doctor’s Orders for drug screen must include: rationale and the substance tested for. Orders for drug screen should not be standing orders.

17. **Legibility:** For paper records, and written notes, the medical record is legible to someone other than the writer. Documentation contains only those terms and abbreviations that are or should be comprehensible to other medical professionals.

18. **Author Identification, Authentication, and Date and Time of Entries:** All entries are dated, including the month and year, start and stop times and/or duration the Member was seen face to face by the rendering Provider; have the rendering Provider clearly identified on the entry; and authenticated (signed) by the individual providing the services with professional degree (e.g., PhD, MD/DO, LCSW) and/or professional credentials. Only handwritten signatures and eligible EMR signatures qualify for authentication. For example, a typed signature on a document would not qualify as authentication.
19. **Date of Rendered Service:** Documentation reflects each service rendered for the day it was rendered. A summary of services for multiple dates of service or multiple members is not acceptable.

20. **Follow-up Appointments:** The medical record documents dates of follow-up appointments or, as appropriate, a discharge plan. Documentation of follow-up with the Member has occurred if an appointment was missed.

21. **Continuity and Coordination of Care:** As applicable, the medical record reflects continuity and coordination of care as evidenced by communication with, or review of information from, other behavioral health Providers, consultants, ancillary Providers, and health care institutions.

22. **Coordinating Care with the PCP:** Medical records reflect contact with the Member’s primary care physician (PCP), as applicable, and follow-up contact as needed.

23. **Appropriate edits to documentation:** Providers should document the services rendered in the Member’s medical record at the time of service. At times, a Provider may determine that the information entered into the medical record is not completely accurate. If revisions need to be made to a medical record, amend and edit the record using the following steps:
   a. To remove information from the record, draw a single line through the words needing removal, ensuring the content is still readable. White-out is not to be used.
   b. The individual amending or editing the record must sign and date the revision.

Request for Psychological/Neuropsychological Testing

**Some Plans do not require authorization for psychological or neuropsychological testing. Please review the health plan and group specific information in the Appendix at the back of this Manual.**

For Plans that require authorization, please use the form found on [www.ndbh.com](http://www.ndbh.com). The form is called “Request for Psychological Testing.” Complete all fields, including the date of request and testing start date. The total number of testing hours that you are planning should be filled in next to the appropriate CPT code(s) listed on the form.

If you have requested multiple CPT codes, you may use the total number of units within these code groups.

- A Reference Number or Authorization of 96101 will be interchangeable with 96102 and 96103
A Reference Number or Authorization of 96116 will be interchangeable with 96118, 96119, 96120 and 96152

If you have any questions or want to check the status of your Request for Psychological Testing, please feel free to contact us. Contact information is found in the Appendix in the back of this Manual.

CPT Codes: 96101-96103, 96118-96120

Psychological testing is considered medically necessary when indicated to improve or enhance psychiatric or psychotherapeutic treatment upon the completion of a clinical evaluation, if required to assist in the differential diagnosis of behavioral or psychiatric conditions, or in the development of treatment recommendations.

Psychological testing is not considered medically necessary when done solely for the purpose of educational or vocational placement. Please refer to the current New Directions Behavioral Health MNC.

Neuropsychological testing is considered to meet the definition of medical necessity when performed for the evaluation of individuals with cognitive dysfunction due to injury, disease, or abnormal development of the brain is comprised of a set of formal procedures that utilize reliable and valid tests that specifically focus on identification of the presence of brain damage, injury, or dysfunction, and any associated functional deficits.

**Commercial Member and Provider Denial and Appeal Rights**

The attending physician can request a peer-to-peer conversation upon receipt of an adverse benefit determination. A peer-to-peer conversation can be requested by calling New Directions. Please refer to the Appendix for the appropriate plan account name and phone number to call. The peer-to-peer conversation will occur with the initial clinical reviewer, another clinical reviewer if the initial clinical reviewer cannot be available within one business day, or a Clinical Peer.

For inpatient and residential requests, peer-to-peer conversations are available only to the Attending Provider responsible for ordering the treatment, and requesting the Peer Review. Attending Providers may not delegate this responsibility, designate a representative or use a third billing or management company to conduct the peer-to-peer conversation.

For partial hospitalization requests, and intensive outpatient requests, the Member's primary Provider may request and conduct peer-to-peer conversations.

If a Clinical Peer makes an adverse benefit determination to deny coverage for payment of the requested service, the requesting Provider, or Facility, as well as the Member are notified of the adverse benefit determination and appeal rights.
The right to appeal is available to the Member, the Member’s Authorized Representative, and the Member’s Provider. Appeal procedures are specific to the Member’s Plan. New Directions has written procedures for appeals of determinations not to certify payment for an admission, service, or extension of stay, including retrospective non-certification determinations.

New Directions appeal procedures are available to Providers and Members upon request. All medical necessity appeals are reviewed by a Clinical Peer - a physician, or other Ph.D. behavioral health professional who holds an unrestricted license or certificate to practice and is in the same or similar specialty as one who typically manages the health condition, procedures, or treatment under review.

Members, families and Providers can access New Directions UM staff to answer general questions regarding access to services, UM issues and the UM process toll free, 24 hours a day, seven days a week. Please refer to the Appendix for the appropriate Plan account name and phone number to call.

The Member also has the right to request an independent review when an adverse determination is based on lack of medical necessity. An independent review is a review completed by an external review organization. The external review organization will use a physician who has similar education, certification and licensure as the ordering Provider.

New Directions’ role in appeals varies by Plan and group. See Plan or group specific information and contact information in the Appendix in the back of this Manual.

Written member appeal and adverse benefit determination procedures are available upon request and can be found at www.ndbh.com.

Adverse Benefit Determination and Appeal Definitions

Adverse benefit determination
- A denial, reduction, termination of, or a failure to provide or make payment (in whole or in part) for, a benefit, including any such denial, reduction, termination, or failure to provide or make a payment that is based on a Member’s eligibility to participate in a Plan;
- A denial, reduction, or termination of, or a failure to provide or make payment (in whole or in part) for, a benefit resulting from the application of any utilization review;
- A failure to cover an item or service for which benefits are otherwise provided because it is determined to be experimental or investigational or not medically necessary or appropriate; or
- Any rescission of coverage, including a cancellation or discontinuance of coverage that has retroactive effect.

Appeal – A verbal or written request by a Member, an Authorized Representative on behalf of the Member, or a Provider, for a full review of the adverse benefit determination, including any aspect of clinical care involved. An appeal may also be referenced as a “grievance”.

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Clinical Peer – A physician or Ph.D. behavioral health professional who holds an unrestricted license and is in the same or similar specialty as typically manages the medical condition, procedures, or treatment under view. Generally the individual must be in the same profession (i.e., the same licensure category) as the ordering Provider.

Expedited Internal Appeal – A review of an adverse benefit determination of urgent services involving an admission, continued stay, or other health care services within a facility.

External Review – A review of an adverse benefit determination conducted pursuant to an applicable State external review process or the Federal review process.

Initial Clinical Review – Clinical review conducted by appropriate licensed or certified health professionals. Initial clinical review staff may approve requests for admissions, procedures, and services that meet clinical review criteria, but may not make an adverse benefit determination.
Section 6: Clinical Programs

Philosophy

New Directions’ care management philosophy is based on a member-driven approach where we seek to ensure the following:

- A Member’s needs are determined at the point of access, making certain that Member’s in need of behavioral health services have access to the full continuum of care.
- Discharge planning begins at the time of admission to ensure clinically appropriate aftercare.
- Recovery is the single most important goal for the behavioral health service delivery system that requires providing Member-specific, clinically necessary treatment in the least restrictive environment available.
- A Member’s treatment is always guided by an individualized treatment plan.
- Coordination of care that requires sharing relevant clinical information is done with appropriate respect for privacy, consistent with all New Directions’ policies and applicable laws governing Member confidentiality.
- Timely outpatient treatment for behavioral health disorders contributes to symptom reduction and maintenance of treatment outcomes.

Case Management Program

New Directions’ Case Management Program collaborates with Providers and community health resources to assess, plan, facilitate services and advocate for Members. Such collaboration promotes optimal health outcomes. Our Program incorporates Member education, improves Provider awareness, minimizes fragmentation of care within the health care delivery system, and addresses the physical and behavioral health needs of the Member.

By serving as a single point of contact, case managers use evidence-based practices to engage Members and partner with Providers to assist with adherence to treatment and promote recovery. Case Management is a service with an emphasis on:

- Supporting Members’ efforts to take an active role in developing their treatment plans
- Using a Member-centric holistic approach during transitions of levels of care
- Coordinating referrals to Providers, community resources and caregivers
- Improving Member resiliency, self-management and self-care
- Empowering Members to adhere to their treatment plan
- Assisting Members to achieve time-limited, individualized, attainable goals

Case Managers are licensed clinicians with expertise in care coordination who serve to empower Members to understand how to self-manage their health condition and support them in accessing high-quality health care.
As a New Directions Provider, you may request Case Management services for a Member. Please see Plan or group-specific contact information in the Appendix in the back of this Manual.

**Care Transitions Program**

Readmissions often occur when Members:

- Lack preparedness for self-management roles
- Do not know their discharge plans
- Cannot access Providers when problems arise
- Receive minimal input regarding their treatment plans
- Suffer medication errors
- Do not have adequate follow-up treatment

New Directions’ Care Transitions Program focuses on providing a better Member experience, improving the health of populations, and reducing the costs of services by avoiding readmissions and improving the quality of service provided to the Member.

Adequate Care Transition programming achieves multiple goals:

- Ensures that Members and Member support systems understand, and are actively engaged, in the Member’s individualized treatment plan
- Coordinates care with the Member’s outpatient behavioral and medical providers
- Addresses barriers to treatment adherence
- Verifies that follow-up care is timely and appropriate to the Member’s needs.

New Directions’ Care Transitions Program targets:

- Helps Providers and the Member understand the importance of post-hospitalization aftercare
- Increases the scheduling of and attendance at post-discharge follow-up appointments within 7 days
- Increases Member understanding, participation and adherence to their treatment plan

**Member Self-Management and Preventive Health Tools**

New Directions offers self-management tools, derived from scientific evidence, that provide Members with information in the areas of emotional well-being, relationships and health, including:

- Smoking and tobacco use cessation
- Diet, fitness and nutrition
- Healthy eating
- Managing stress
- Addiction
- Emotional health assessments
• Recovery and resiliency
• Treatment monitoring

These materials are available through the www.ndbh.com website and have been evaluated for language that is easy to understand, taking Members special needs into account. Self-management tools are reviewed every 2 years and are updated more frequently if new evidence is available.

Disease-specific preventive health and education tools are also available to Providers and Members through www.ndbh.com. Evidence-based information is available in the areas of depression, bipolar disorder, ADHD, Autism and other common behavioral health conditions to help Members navigate through diagnosis, treatment, questions and concerns. If you would like more information, please see Plan or group specific contact information in the Appendix in the back of this Manual.

Section 7: Clinical Practice Guidelines

About Clinical Practice Guidelines

New Directions is committed to providing guidance to Providers to help improve clinical effectiveness and ensure our Members receive the best care possible. New Directions’ Clinical Practice Guidelines (CPG) were developed to support our UM processes, described above.

New Directions relies on generally accepted standards of medical practice, as defined by credible scientific evidence published in peer-reviewed medical literature and recognized by the appropriate medical community, Physician Specialty Society recommendations, and other relevant factors. In circumstances where these sources are not available, a consensus of expert opinions by licensed professionals practicing in a particular field may also be utilized. CPGs are not intended to address individual Member variations, but reflect population-based recommendations.

Applicable Guidelines

After gaining input from New Directions clinical staff and the Provider community, the New Directions Chief Medical Officer and medical staff conduct research and analysis and develop evidence-based CPGs and Medical Policies. Our current CPGs for mental health are:

• Major Depression
• Attention Deficit Hyperactive Disorder
• Adult Bipolar Disorder - Acute and Maintenance Episodes
• Adult Substance Abuse

In some instances, New Directions has adopted CPGs developed by other entities. Current CPGs adopted by New Directions are:

• Schizophrenia
• Eating Disorders
• Autism Spectrum Disorders

Clinical Practice Guidelines may be found at https://online.ndbh.com/Providers/BehavioralHealthPlanProviders.aspx
Bipolar Disorder Treatment Guideline – Acute Episode

Risk factors to assess should include: Suicide Risk, Homicide Risk, Psychosis, Delirium, Substance Abuse, and Medical Conditions

Meets criteria for Bipolar Disorder → Assess for risk factors and level of care

Refer to appropriate level of care based on risk level

Does patient have manic or mixed symptoms?

If started on an atypical antipsychotic, obtain baseline lipid panel and blood glucose or HbA1c

Consider change or addition of medication

Responding to treatment?

If in higher level of care, symptom reduction leads to discharge to outpatient care

When in outpatient care, reassess every 1.2 weeks for 6 weeks

Continued improvement?

If remains on an atypical antipsychotic, repeat lipid panel and blood glucose or HbA1c

Continue current treatment and monitor at least monthly for 3 months

Maximal Level of improvement reached?

Reassess diagnosis

Consider ECT

Obtain consult

Reduce or stop the medication

Take mania-inducing medication?

NO

Initiate or adjust treatment with appropriate medication (Refer to med algorithm)

NO

YES

Continue to Maintenance Guideline


Bipolar Disorder Treatment Guideline – Maintenance Episodes

Continued from Acute Phase

Number of prior episodes

First Episode - Mania

1st degree family history and/or severe episode?  
YES  
NO

Maintenance treatment may not be needed

Second Episode – One with Mania

1st degree family history and/or severe episode?  
YES

Consider maintenance treatment

Third or more episodes – at least one hypomania

Maintenance treatment indicated

Maintenance initiated

% Reduction of pre-maintenance episodes

Based on medications used, follow recommended health screenings and monitoring, such as blood glucose with SGA antipsychotics, kidney and thyroid function for Lithium.

-100%  >50%  <50%  <10%

Continue with preventive agent (PA)

Continue with PA and consider combination therapy

Consider new PA and combination therapy

Switch to new PA


ADHD Child and Adolescent Clinical Guideline

ADHD Concern Identified
Inattention, Hyperactive, Impulsive

Comprehensive Evaluation (confirmation of diagnosis by a specialist)
Severity and duration of symptoms, functional impairment rating scales, medical Hx, family Hx, school performance and presence of comorbid diagnosis

ADHD Diagnosis?

YES

Treatment for other diagnosis or referral for treatment

NO

Any behavioral or medication treatment, alone or in combination

Behavioral Treatment:
- Psychosocial interventions
- Behavioral interventions
- Cognitive behavioral / training therapies
- Play therapy
- Mindfulness-based therapies
- School Based Behavioral Management, IEP
- Biofeedback or neurofeedback
- Parent behavior training / Family Psycho-Education
- Dietary supplements
- Homeopathy
- Acupuncture
- Elimination diets
- Vision training
- Exercise
- Chiropractic treatment
- Ancillary Treatments: Speech, Occupational Tx, etc.
- Modify for comorbid
- Refer to www.CHADD.org

Medication Treatment:
- Assessment: Physical Exam, Blood Pressure, Ht. & Wt., Review interactions with other prescribed medications

Select Medication for ADHD:
- Stimulant
- Non-Stimulant
- Alternatives
*See AAP process-of-care algorithm (Supplemental Table 3)

Medication Maintenance:
- Return visit for Medication Management within 30 days of initiating medication.
- Two additional visits within 9 months of return visit.
- Titration / Replacement / Augmentation until stable.

Ongoing Care & Reevaluation:
- If symptoms improve, follow up at least 2x per year for ADHD issues.
- If no improvement, reevaluate to confirm diagnosis and reconsider treatment plan and/or adherence issues.


Major Depression Guideline for Initial Outpatient Treatment of Adults

Perform a diagnostic evaluation to include a full HPI, including “Why Now?”, previous psychiatric history, medical history, current and past medications, family history, substance use, etc. Assess for most appropriate LOC, accounting for safety/risk issues.

Acute Phase:
The goal of this is recovery. Recovery is the absence of symptoms and a return to full function.
- 1st F/U visit within 21 days
- At least 3 F/U visits within 60 days
- Consider measurement-based care, using PHQ-9, BDI-II, IDS/QDS, etc.

Screen for SUD, Rule out medical conditions.

Consider other diagnoses: dysthemia, bipolar, substance use, etc.

Evaluate response & reassess progress with meds & psychotherapy at least monthly. If moderate improvement is not present within 8 weeks, review adherence, need for medication change, psychotherapy change.

Consider these actions:
- After 8-12 weeks of no or limited response, a new medication trial is indicated.
- Review diagnosis.
- Evaluate for substance use comorbidity
- Begin augmentation/combo strategy - if second generation antipsychotic is started, obtain baseline lipid and blood glucose levels and retest in 3 months. Test yearly if long term use is indicated.
- Refer for 2nd opinion or psych testing.
- Evaluate for ECT
- Evaluate for TMS for treatment-resistant depression. See NOSB policy on medical necessity.

Consider Psychotherapy:
- Cognitive Behavioral
- Interpersonal
- Supportive
- Problem Solving
- Social Skills
- Behavioral & Psychodynamic Therapies

Consider Medication Management:
- Past or family Hx of response
- Side Effect Profile
- Generic vs Brand
- Maximize dose, if tolerated
- Adherence Education

Evaluate response & reasseess progress with meds & psychotherapy at least monthly. If moderate improvement is not present within 8 weeks, review adherence, need for medication change, psychotherapy change.

Evaluate response to medication.

Consider these actions:
- After 8-12 weeks of no or limited response, a new medication trial is indicated.
- Review diagnosis.
- Evaluate for substance use comorbidity
- Begin augmentation/combo strategy - if second generation antipsychotic is started, obtain baseline lipid and blood glucose levels and retest in 3 months. Test yearly if long term use is indicated.
- Refer for 2nd opinion or psych testing.
- Evaluate for ECT
- Evaluate for TMS for treatment-resistant depression. See NOSB policy on medical necessity.

Maintain medication management visits every 2-3 months. If stability remains, consider referral to PCP for continued medication management.

Sources:

Adult Substance Abuse Initial Assessment Clinical Guideline

Initial Visit

Health professionals screen at the initial visit and episodically thereafter using a structured instrument. Recommended instruments include:
- Alcohol Use Disorders Identification Test (AUDIT)
- Drug Abuse Screening Test (DAST)
- CAGE - Substance Abuse Screening Tool

Screening Positive? NO

If screening is negative and there are no suspicions of withholding information, then no further action is needed. However, where there is reasonable doubt as to the accuracy of the screening results, confirmation with significant other(s) is urged to gain confidence in the screening result.

Obtain a full history of drug and ETOH use

Current DSM Dx of Substance Use Disorder met? NO

Employ Screening, Brief Intervention and Referral for Treatment (SBIRT) for problem drinking

Schedule an initial visit for Substance Use Disorder (SUD) treatment within 14 days of diagnosis, and 2 follow-up visits within 30 days of the initial visit (HEDIS IET Measure)

Currently Engaged in SUD Ty? NO

Assess for appropriate level of rehabilitation and psychosocial needs. Refer as appropriate.

Assess for compliance with treatment and evaluate for Medication-Assisted Treatment

Continue regular visits and if applicable, Medicated Assisted Therapy compliance

Risk from Withdrawal?

Member has overt symptoms of withdrawal, or these are reasonably expected with abstinence

Evaluate for appropriate level of care for detox management. Plan for compliance with HEDIS IET for follow-up after detox is complete

Screen: Periodically and routinely screen patients for substance use as well as for substance use dependence. Screening requires only two to four minutes. Use the DAST to screen for drug use. TNI's tool profiles the frequency of substance use behavior. Use the AUDIT-C alone or in combination with the CAGE to screen for alcohol use. AUDIT-C is designed to identify hazardous drinking and focuses on recent drinking behaviors. The CAGE is better at detecting alcohol dependence. These screening tools and scoring instructions can be found at http://www.nrafh.org/professional_tools/alcohol_c/.

Healthcare Effectiveness Data and Information Set (HEDIS) is a tool used by more than 90% of America's health plans to measure performance on important dimensions of care and service. Initiation and Engagement of Alcohol and Other Drug Dependence Treatment (IET) is a HEDIS measure. Members meet the measure by initiating treatment within 14 days of (Alcohol or Other Drug) AOD diagnosis and have two or more additional services with a diagnosis of AOD within 30 days of the initiation visit. http://www.nqa.org/hedis-quality-measurement/hedis-measures

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse and dependence on alcohol and illicit drugs. https://www.samhsa.gov/sbirt

References:
SAMHSA: https://www.samhsa.gov/get-questions

INTRODUCTION TO NEW DIRECTIONS’ ADOPTED CLINICAL PRACTICE GUIDELINE ON SCHIZOPHRENIA

New Directions Behavioral Health® (New Directions) offers a full range of behavioral health solutions. The members we serve have a wide range of mental health diagnoses, including schizophrenia (SCZ). With over 9,000 members who have a psychotic disorder as a diagnosis, we are committed to offer guidance to providers so they can align with evidence-based practice guidelines. See Table 1 for prevalence. Our goal is to improve clinical effectiveness and provide members with the best care possible.

This clinical practice guideline will focus on the treatment of SCZ, including first episode of psychosis (FEP). There is a distinction between psychotic symptoms, which can occur in a wide range of psychiatric illnesses, and psychotic disorders, which are defined in the DSM-5™. Psychotic disorders include schizophrenia, schizoaffective disorder, brief psychotic disorder, psychotic disorder due to another medical condition, etc. There are different symptoms and time frames for these various disorders.

The etiology of SCZ is multifactorial and includes biological, social and psychological components. Onset of this illness is typically gradual and generally thought to involve environmental, genetic, and physiological risk factors.

The outcome of SCZ varies from a single episode of illness to a lifelong disease characterized by severe loss of function and neurological deficits. Intensive and structured and targeted treatment after FEP is increasingly considered to positively impact the course of the disorders.

New Directions adopted the Clinical Practice Guidelines (CPG) developed by the Royal Australian and New Zealand College of Psychiatrists (RANZCP) for the management of schizophrenia and related disorders.

New Directions has three caveats concerning this CPG:

- The following oral/injectable medications are not available in the U.S.: amisulpride, pericyazine, zuclopenthixol
- The following long-acting injectable medications are not available in the U.S.: flupenthixol, zuclopenthixol
- In addition, section 5 of the RANZCP document1 deals with specific populations, including Aboriginal, Torres Strait Islanders, Māori, and Pacific Islander peoples.
Table 1: Members who have SCZ as a diagnosis

<table>
<thead>
<tr>
<th>Age Band</th>
<th>Schizophrenia Diagnosis</th>
<th>Population</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>34</td>
<td>565,879</td>
<td>0.01%</td>
</tr>
<tr>
<td>10-20</td>
<td>1,121</td>
<td>894,510</td>
<td>0.13%</td>
</tr>
<tr>
<td>21-29</td>
<td>2,064</td>
<td>904,285</td>
<td>0.23%</td>
</tr>
<tr>
<td>30+</td>
<td>6,627</td>
<td>4,590,256</td>
<td>0.14%</td>
</tr>
<tr>
<td>Total</td>
<td>9,846</td>
<td>6,954,930</td>
<td>0.14%</td>
</tr>
</tbody>
</table>

Data Source: New Directions Claims Data, 7/2015 to 6/2016 (includes Membership from five major Health Plans)

Links and References:


Adopted: 6/2017
INTRODUCTION TO NEW DIRECTIONS’ ADOPTED CLINICAL PRACTICE GUIDELINE FOR THE ASSESSMENT AND TREATMENT OF EATING DISORDERS

New Directions Behavioral Health® (New Directions) offers a full range of behavioral health solutions. Our members have a wide range of mental health diagnoses, including eating disorders. With over 3,600 members who have been diagnosed with an eating disorder, New Directions is committed to providing guidance to providers to align with evidence-based practice guidelines. See Table 1 for prevalence. Our goal is to improve clinical effectiveness and ensure members receive the best care possible.

Clinical Practice Guidelines (CPG) are used to provide guidance for providers who make decisions about appropriate health care for members. CPGs are not a substitute for sound clinical judgement, but are intended to enhance compliance with best practice treatment.

New Directions adopted the CPG for the treatment of eating disorders developed in 2014 by the Royal Australian and New Zealand College of Psychiatrists (RANZCP).

Eating disorders are characterized by disturbances of eating behaviors and a core psychopathology centered on food, eating and body image concerns. Primary eating disorder diagnoses in the DSM-5™ include anorexia nervosa, bulimia nervosa, binge eating disorder (BED), avoidant/restrictive food intake disorder (ARFID) and other specified/unspecified eating disorders.

Anorexia Nervosa (AN) is a serious disturbance in eating that typically starts in early adolescence. Anorexia Nervosa affects females disproportionally and carries a long-term risk for mortality. Starvation due to severe calorie restriction is the hallmark, and often accompanied by significant medical comorbidity. The etiology is uncertain, and outcomes are better with early, intensive treatment. Severe and longstanding AN requires a different treatment approach than the more acute disorder. Nutritional rehabilitation with an expected weight gain of 2 pounds each week is critical to weight restoration. Moderate evidence-based treatments for affected adolescents are family therapy and possibly the Maudsley method.

Bulimia Nervosa (BN) is a disorder generally characterized by bingeing and purging behaviors, more normal weight and frequent comorbidity with other mental health and substance abuse diagnoses.
Table 1: New Directions Eating Disorder Prevalence Rate for Members by Age

<table>
<thead>
<tr>
<th>AGE</th>
<th>Eating Disorder Diagnosis</th>
<th>Population</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>234</td>
<td>565,879</td>
<td>0.04%</td>
</tr>
<tr>
<td>10-20</td>
<td>829</td>
<td>894,510</td>
<td>0.09%</td>
</tr>
<tr>
<td>21-29</td>
<td>747</td>
<td>904,285</td>
<td>0.08%</td>
</tr>
<tr>
<td>30+</td>
<td>1,884</td>
<td>4,590,256</td>
<td>0.04%</td>
</tr>
<tr>
<td>Total</td>
<td>3,694</td>
<td>6,954,930</td>
<td>0.05%</td>
</tr>
</tbody>
</table>

Data Source: Claims Data, 7/2015 to 6/2016, Includes Membership from 5 Major Health Plans

There are three caveats concerning the CPG:
1. This CPG uses joules rather than calories. One calorie equals 4.184 joules;
2. The following oral medication is not available in the US: amisulpride; and
3. In addition, parts of this document addresses specific populations, including Aboriginal, Torres Strait Islander, Māori and Pacific Islander peoples.

Links and References:
   https://www.ranzcp.org/Files/Resources/Publications/CPG/Clinician/Eating-Disorders-CPG.aspx

Updated: 6-2017
INTRODUCTION TO NEW DIRECTIONS’ ADOPTED CLINICAL PRACTICE GUIDELINE CONCERNING BEHAVIORAL THERAPIES FOR THE TREATMENT OF AUTISM SPECTRUM DISORDERS

New Directions Behavioral Health® (New Directions) offers a full range of behavioral health solutions. The members we serve have a wide range of mental health diagnoses, including Autism Spectrum Disorder (ASD). With over 7,000 members who have been diagnosed with ASD, we are committed to offer guidance to providers so they can align with evidence-based practice guidelines. See Table 1 for prevalence. Our goal is to improve clinical effectiveness and provide members with the best care possible.

ASD is a medical, neurobiological, developmental disorder, characterized by three core deficit areas: social interactions, social communication, and restricted, repetitive patterns of behavior. Benefit coverage for behavioral therapies to treat symptoms of ASD is driven by individual state mandates.

New Directions manages Applied Behavior Analysis (ABA) benefits for various health plans. ABA is the behavioral treatment approach most commonly used for children with ASD. Health plans for which New Directions currently administers the ASD benefit may consider ABA to be experimental/investigational and, therefore, a non-covered service without a controlling state mandate. Techniques based on ABA include discrete trial training, Incidental teaching, pivotal response training, and verbal behavioral intervention.

ABA involves a structured environment, predictable routines, individualized treatment, transition and aftercare planning, and significant family involvement. The therapy focuses on developing skills related to behavioral deficits and reducing behavioral excesses. Behavioral deficits may occur in the areas of communication, social and adaptive skills, though can exist in other areas as well. Examples of deficits may include lack of expressive language, inability to request items or actions, limited eye contact with others, and inability to engage in age-appropriate self-help skills such as tooth-brushing or dressing. Examples of behavioral excesses may include, but are not limited to, physical aggression, property destruction, elopement, self-stimulatory behavior, self-injurious behavior, and vocal stereotypy.

New Directions adopted Therapies for Children With Autism Spectrum Disorder: Behavioral Interventions Update/Executive Summary, published in August 2014 by the Agency for Healthcare Research and Quality, as a Clinical Practice Guideline (CPG) for ASD. A link is included below.
The prevalence of ASD among children is thought to be around 1.5 percent, but varies widely by region of the country, sex and race/ethnicity. The rate is historically higher among males (2.3 percent) than females (0.5 percent). It is estimated that the total lifetime societal cost of caring for and treating a person with ASD in the United States is $3.2 million.

Table 1: New Directions prevalence rate for members by age

<table>
<thead>
<tr>
<th>Age Bands</th>
<th>Autism Primary Diagnosis</th>
<th>Population</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>851</td>
<td>241,968</td>
<td>0.35%</td>
</tr>
<tr>
<td>5-9</td>
<td>2,130</td>
<td>323,911</td>
<td>0.66%</td>
</tr>
<tr>
<td>10-21</td>
<td>3,453</td>
<td>994,102</td>
<td>0.35%</td>
</tr>
<tr>
<td>22+</td>
<td>1,036</td>
<td>5,394,949</td>
<td>0.02%</td>
</tr>
<tr>
<td>Total</td>
<td>7,470</td>
<td>6,954,930</td>
<td>0.11%</td>
</tr>
</tbody>
</table>

Data Source: Claims Data, 7/2015 to 6/2016, Includes Membership from 5 Major Health Plans

New Directions’ Autism Resource Program manages the benefits for ABA therapies. The Program’s comprehensive array of services include utilization management and care coordination provided by a team of Board Certified Behavior Analysts, provider and community outreach, and metrics and reporting. The program’s leadership is comprised of licensed and experienced clinicians, including medical doctors with specialty designations in psychiatry, licensed clinical social workers, Board Certified Behavior Analysts®, and certified case managers. The program is overseen by a New Directions Medical Director and the Clinical Director of Corporate Projects. The program is administered by a centralized unit using well-defined evidence-based ASD Medical Policies that incorporates treatment guidelines grounded in clinical research. For further information, please contact the Autism Resource Program at 877-563-9347.

New Directions Case Management program assists members with ASD by promoting continuity of care and engaging members and their families to take an active role in developing a plan of care for the member. Case management assists members in accessing needed services, including the Autism Resource Program, and coordinates referrals to providers, community resources, and caregivers. These services improve member resiliency, self-management, and self-care. New Directions’ Case Management program is accredited by URAC® and the National Committee for Quality Assurance (NCQA®).

Literature Citations:


Links For Families/Caregivers:


Adopted: 06-2017
Section 8: Fraud, Waste and Abuse

New Directions Policy

New Directions is committed to preventing, identifying, investigating and reporting fraud and abuse. The Compliance Program provides education on what types of activities constitute fraud and abuse. New Directions regularly monitors and audits claims, and reports cases of fraud and/or abuse to the appropriate Plan or governmental agency. New Directions expects its Providers and Facilities to comply with all applicable state and federal laws pertaining to fraud and abuse.

Definitions

“Fraud” means an intentional deception or misrepresentation made by a person/entity with the knowledge that the deception could result in some unauthorized benefit to him/herself, or some other person/entity. It includes any act that constitutes fraud under applicable federal and state law.

“Waste” means the unintentional, thoughtless or careless expenditures, consumption, mismanagement, use or squandering of Health Plan, federal or state resources. Waste also includes incurring unnecessary costs as a result of inefficient or ineffective practices, systems, or controls.

“Abuse” means practices that are inconsistent with sound fiscal, business or medical practices and result in an unnecessary cost to the Health Plan and/or government programs, in reimbursement for services not medically necessary, or that fail to meet professionally recognized standards for health care. It also includes beneficiary practices that result in unnecessary costs to the Health Plan, Medicare, or FEP programs.

Examples of fraud and abuse include:

- Billing for services or procedures that have not been provided
- Submitting false information about services performed
- Up-coding services provided
- Making a false statement or misrepresenting a material fact in any application for any benefit or payment
- Presenting a claim for services when the individual who furnished the service was not appropriately licensed
- Failing to return an overpayment within 60 days after the later of either the date on which the overpayment was identified or the date any corresponding cost report was due
- Providing or ordering medically unnecessary services or tests
Audits

New Directions performs random audits of Provider and Facility claims and medical records to identify fraudulent billing practices. Other entities also conduct audits. No specific intent to defraud is required to find that a violation of a law occurred. The OIG has developed “A Roadmap for New Physicians: Avoiding Medicare and Medicaid Fraud and Abuse,” which is an excellent resource on fraud and abuse (http://oig.hhs.gov/compliance/physician-education/index.asp).

New Directions expects its providers and facilities will fully cooperate and participate with all audit requests. This includes, but is not limited to, allowing New Directions access to member treatment records and progress notes, and permitting New Directions to conduct on-site audits or desk reviews.

Some of the most common fraud, waste and abuse practices include:

- Claims for services not rendered
- Up-coding services
- Excessive use of units
- Add-on codes billed without primary CPT
- Diagnosis and/or procedure code not consistent with the member’s age/gender
- Use of exclusion codes
- Misuse of Benefits
- Unbundling of codes

Claim Recoupment

Upon the results of a claim audit analysis New Directions reserves the right to recoup claims from past dates of services that may have been paid incorrectly or due to billing practices that did not adhere to New Directions’ or the applicable Plan’s billing policies and procedures.

Excluded Persons

Providers and Facilities who participate in Federal- or State-funded health care programs must determine whether their employees and contractors are excluded from participating in such programs. It is considered fraud for a Provider or Facility that has been excluded from a Federal- or State-funded program, to submit a claim for services. The Department of Health and Human Services (HHS), through the Office of Inspector General (OIG), maintains the List of Excluded Individuals/Entities (LEIE). This List may be accessed online at http://oig.hhs.gov/fraud/exclusions/exclusions_list.asp. Providers and Facilities are required to search this website at least monthly.
Section 9: Billing Assistance

Billing and Missed Appointments
New Directions does not authorize payment to Providers for missed appointments, nor may a Member be billed unless he or she has agreed, in writing, to pay out of pocket for any missed appointments prior to beginning treatment with the Provider.

Maximum Visits per Day
Benefits will be authorized for only 1 professional unit per day unless a Plan specifies otherwise, except for the following combined services:

- Outpatient psychotherapy or group therapy with a non-psychiatrist Provider plus medication management with a psychiatrist on the same day
- Outpatient psychotherapy or evaluation plus psychological testing on the same day
- Outpatient individual psychotherapy and group therapy on the same day by different providers

Concurrent Services
Providers should not bill concurrent services, including two or more direct services being delivered the same time to the same Member and delivering non-group services to more than one Member at the same time.

Billing Submission
Ensure that documentation supports the amount of units and/or time-based coding billed. Only the Provider rendering the face-to-face session with a Member can bill for that service. Unless present for the entire session, Providers may not bill for services rendered by interns and provisionally licensed providers.

CPT Time Rule
Please refer to the most recent version of the CPT Manual for the latest information regarding billing codes. According to the CPT manual, time is defined as the face-to-face time spent with the Member. A unit of time is attained when the midpoint is passed. For example, an hour is attained when 31 minutes have elapsed (more than midway between zero and sixty). A second hour is attained when 91 minutes have elapsed. When codes are ranked in sequential typical times and the actual time is between two typical times, the code with the typical time closest to the actual time is used.

Coding Outpatient Psychotherapy Sessions Provided Without E/M Services

<table>
<thead>
<tr>
<th>Actual length of session</th>
<th>Code As</th>
<th>Code Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-15 minutes</td>
<td>Not reported</td>
<td>-</td>
</tr>
<tr>
<td>16-37 minutes</td>
<td>90832</td>
<td>30 minutes</td>
</tr>
<tr>
<td>38-52 minutes</td>
<td>90834</td>
<td>45 minutes</td>
</tr>
<tr>
<td>53-89 minutes</td>
<td>90837</td>
<td>60 minutes</td>
</tr>
</tbody>
</table>
# Common Billable CPT and Revenue Codes

Below is a list of commonly billed codes. Please refer to the most recent version of the CPT Manual and your fee schedule regarding qualified Providers for each service.

<table>
<thead>
<tr>
<th>Service Code</th>
<th>Treatment Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Psychotherapy and Psych Testing</strong></td>
<td></td>
</tr>
<tr>
<td>90791</td>
<td>Psychiatric diagnostic evaluation (no medical services)</td>
</tr>
<tr>
<td>90792</td>
<td>Psychiatric diagnostic evaluation (with medical services)</td>
</tr>
<tr>
<td>90832</td>
<td>Psychotherapy, 30 minutes with patient</td>
</tr>
<tr>
<td>90834</td>
<td>Psychotherapy, 45 minutes with patient</td>
</tr>
<tr>
<td>90837</td>
<td>Psychotherapy, 60 minutes with patient</td>
</tr>
<tr>
<td>90833</td>
<td>Psychotherapy, 30 minutes with patient when performed with E/M Service</td>
</tr>
<tr>
<td>99354</td>
<td>Prolonged E/M or Psychotherapy Service, first hour</td>
</tr>
<tr>
<td>99355</td>
<td>Prolonged E/M or Psychotherapy Service, each additional 30 minutes</td>
</tr>
<tr>
<td>90836</td>
<td>Psychotherapy, 45 minutes with patient when performed with E/M Service</td>
</tr>
<tr>
<td>90838</td>
<td>Psychotherapy, 60 minutes with patient when performed with E/M Service</td>
</tr>
<tr>
<td>90846</td>
<td>Family Psychotherapy without Patient Present, 50 minutes</td>
</tr>
<tr>
<td>90847</td>
<td>Family Psychotherapy with Patient Present, 50 minutes</td>
</tr>
<tr>
<td>90853</td>
<td>Group Psychotherapy</td>
</tr>
<tr>
<td>90839</td>
<td>Psychotherapy for crisis, first 60 minutes</td>
</tr>
<tr>
<td>90840</td>
<td>Psychotherapy for crisis, each additional 30 minutes</td>
</tr>
<tr>
<td>96101, 96102, 96103</td>
<td>Psychological Testing</td>
</tr>
<tr>
<td>96118, 96119, 96120</td>
<td>Neuropsychological Testing</td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>0359T</td>
<td>Behavior Identification Assessment</td>
</tr>
<tr>
<td>0360T</td>
<td>Observational Behavioral Follow-up Assessment by Tech (first 30 min)</td>
</tr>
<tr>
<td>0361T</td>
<td>Observational Behavioral Follow-up Assessment by Tech (additional 30 min)</td>
</tr>
<tr>
<td>0362T</td>
<td>Exposure Behavioral Follow-up Assessment by BCBA (first 30 min)</td>
</tr>
<tr>
<td>0363T</td>
<td>Exposure Behavioral Follow-up Assessment by BCBA (additional 30 min)</td>
</tr>
<tr>
<td>0364T</td>
<td>Adaptive Behavior Treatment by Tech (first 30 min)</td>
</tr>
<tr>
<td>0365T</td>
<td>Adaptive Behavior Treatment by Tech (additional 30 min)</td>
</tr>
<tr>
<td>0366T</td>
<td>Group Adaptive Behavior Treatment (first 30 min)</td>
</tr>
<tr>
<td>0367T</td>
<td>Group Adaptive Behavior Treatment (additional 30 min)</td>
</tr>
<tr>
<td>0368T</td>
<td>Adaptive Behavior Treatment by BCBA (first 30 min)</td>
</tr>
<tr>
<td>0369T</td>
<td>Adaptive Behavior Treatment by BCBA (additional 30 min)</td>
</tr>
<tr>
<td>0370T</td>
<td>Family Adaptive Behavior Treatment w/out pt present by BCBA (60 min)</td>
</tr>
<tr>
<td>0371T</td>
<td>Multi-family Group Adaptive Behavior Treatment by BCBA (60 min)</td>
</tr>
<tr>
<td>0372T</td>
<td>Adaptive Behavior Treatment Social Skills Group (60 min)</td>
</tr>
<tr>
<td>0373T</td>
<td>Exposure Therapy Treatment by Tech (first 60 min)</td>
</tr>
<tr>
<td>0374T</td>
<td>Exposure Therapy Treatment by Tech (additional 30 min)</td>
</tr>
<tr>
<td>99201</td>
<td>Office or other outpatient visit for E/M with new patient (problem focused, straight forward)</td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
</tr>
<tr>
<td>-------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>99202</td>
<td>Office or other outpatient visit for E/M with new patient (expanded problem focused, straight forward)</td>
</tr>
<tr>
<td>99203</td>
<td>Office or other outpatient visit for E/M with new patient (detailed, low complexity)</td>
</tr>
<tr>
<td>99204</td>
<td>Office or other outpatient visit for E/M with new patient (comprehensive, moderate complexity)</td>
</tr>
<tr>
<td>99205</td>
<td>Office or other outpatient visit for E/M with new patient (comprehensive, high complexity)</td>
</tr>
<tr>
<td>99211</td>
<td>Office or other outpatient visit for E/M with established patient (minimal)</td>
</tr>
<tr>
<td>99212</td>
<td>Office or other outpatient visit for E/M with established patient (problem focused, straight forward)</td>
</tr>
<tr>
<td>99213</td>
<td>Office or other outpatient visit for E/M with established patient (expanded problem focused, low complexity)</td>
</tr>
<tr>
<td>99214</td>
<td>Office or other outpatient visit for E/M with new patient (detailed, moderate complexity)</td>
</tr>
<tr>
<td>99215</td>
<td>Office or other outpatient visit for E/M with new patient (comprehensive, high complexity)</td>
</tr>
<tr>
<td>99221</td>
<td>Initial inpatient/residential evaluation – detailed or comprehensive, low complexity</td>
</tr>
<tr>
<td>99222</td>
<td>Initial inpatient/residential evaluation – comprehensive, moderate complexity</td>
</tr>
<tr>
<td>99223</td>
<td>Initial inpatient/residential evaluation – comprehensive, high complexity</td>
</tr>
<tr>
<td>99231</td>
<td>Subsequent inpatient/residential visit – problem focused, straight forward or low complexity</td>
</tr>
<tr>
<td>99232</td>
<td>Subsequent inpatient/residential visit – problem focused, moderate complexity</td>
</tr>
<tr>
<td>99233</td>
<td>Subsequent inpatient/residential visit – detailed, high complexity</td>
</tr>
<tr>
<td>99238</td>
<td>Hospital discharge day management, 30 minutes or less</td>
</tr>
<tr>
<td>99251</td>
<td>Initial inpatient consultation (problem focused, straight forward)</td>
</tr>
<tr>
<td>99252</td>
<td>Initial inpatient consultation (expanded problem focus, straight forward)</td>
</tr>
<tr>
<td>99253</td>
<td>Initial inpatient consultation (detailed, low complexity)</td>
</tr>
<tr>
<td>99254</td>
<td>Initial inpatient consultation (comprehensive, moderate complexity)</td>
</tr>
<tr>
<td>99255</td>
<td>Initial inpatient consultation (comprehensive, high complexity)</td>
</tr>
<tr>
<td>CPT and REVENUE CODES IN NUMERICAL ORDER</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td></td>
</tr>
<tr>
<td>124</td>
<td>Inpatient Day – Mental Health</td>
</tr>
<tr>
<td>126</td>
<td>Inpatient Day – Substance Abuse</td>
</tr>
<tr>
<td>129</td>
<td>Sub-Acute/ Residential Rehabilitation</td>
</tr>
<tr>
<td>762</td>
<td>Observation Bed</td>
</tr>
<tr>
<td>901</td>
<td>Electroconvulsive Therapy-Facility Code</td>
</tr>
<tr>
<td>905</td>
<td>Intensive Outpatient (IOP) – Psychiatric</td>
</tr>
<tr>
<td>906</td>
<td>Intensive Outpatient (IOP) – Chemical Dependency</td>
</tr>
<tr>
<td>912</td>
<td>Partial Care (PHP) - Less Intensive</td>
</tr>
<tr>
<td>913</td>
<td>Partial Care (PHP) - Intensive</td>
</tr>
<tr>
<td>1001</td>
<td>Residential Care - Psychiatric</td>
</tr>
<tr>
<td>1002</td>
<td>Residential Care – Chemical Dependency</td>
</tr>
</tbody>
</table>

*If the time worked is more than half the time permitted by the code, then that code can be used. For example, to bill under Code 90832, you must work a minimum of 16 minutes. If you worked 16 - 37 minutes, you would use the 30-minute code (90832); for 38 - 52 minutes, you would use the 45-minute code (90834); and for 53+ minutes, you would use the 60-minute code (90837).

Reimbursement for services is subject to Plan guidelines.
Section 10: Compliance Program

Overview

New Directions encourages Providers and Facilities to create a compliance program in order to proactively prevent the submission of incorrect claims and combat fraudulent conduct. Internal controls efficiently monitor adherence to applicable laws and Plan requirements. The Office of Inspector General has developed compliance program guidance for individual and small group health care practices (Federal Register, Vol. 65, p. 59434, Oct. 5, 2000 – https://www.hhs.gov, search “OIG compliance for individual and small group physician practices”).

Reporting

New Directions maintains a Compliance Reporting Line for anonymous reporting of suspected fraud or abuse. To report suspected fraud or abuse, please call 1-855-580-4871. An email or letter can also be sent to Claims_Integrity@ndbh.com or Ethics and Compliance, P.O. Box 6729, Leawood, KS, 66206.

New Directions will not retaliate against any person who, in good faith, reports suspected fraud or abuse to New Directions, the federal or state governments, or any other regulatory agency.

HIPAA Information

To help you inform Members about the use and disclosure of their medical information, please refer to the Notice of Privacy Practices found at www.ndbh.com. This notice explains how personal information and protected health information are collected, used and disclosed to third parties. New Directions has implemented security measures to prevent the unauthorized release or access to personal information.

Privacy Policy and Privacy Practices

Please refer to the Privacy Statement found at www.ndbh.com. This notice explains how personal information and protected health information are collected, used and disclosed to third parties. New Directions has implemented security measures to prevent the unauthorized release or access to personal information.

The confidentiality of any communication transmitted to or from New Directions via unsecured email cannot be guaranteed.

When a visitor performs a search on www.ndbh.com, New Directions may record information identifying the visitor and/or linking the visitor to the search performed. New Directions may also record limited information for every search request and use that information only to solve technical problems with the service and to calculate overall usage statistics.
Appendix for Blue Cross and Blue Shield Plans
(Fully insured, Federal Employee Program and Self-Funded accounts)

Note: Information contained in the Appendix is specific to each Plan (i.e., not a New Directions process). It may be subject to change. If you have questions, please direct them to the applicable Plan.
**Blue Cross Blue Shield of Alabama**  
Provider Network through Managed Health Care Administration (MHCA) effective through 9/30/2017.

Provider Network through New Directions effective 10/1/2017.

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Outpatient Authorizations** | New Directions (www.ndbh.com)  
No authorization required. Outpatient services may be reviewed retrospectively. |
| **Precertification**          | New Directions (www.ndbh.com)  
800-248-2342 |
| **Benefits & Eligibility**    | New Directions (www.ndbh.com)  
800-248-2342 or www.provider.bcbsal.org |
| **Provider Relations**        | MHCA (www.mhcausa.com)  
866-334-6422  
New Directions (on or after 10/1/2017)  
888-611-6285 or providerrelations@ndbh.com |
| **Claims Inquiries**          | MHCA (www.mhcausa.com)  
205-949-4539 or email mhcaclaims@mhcausa.com  
EPS, EPX and EPL Claims – New Directions (on or after 10/1/2017)  
855-339-8558 or providerrelations@ndbh.com  
Payer ID Code: NDX99  
Blue Choice, Peehip, All Kids, FEP, or BlueCard Claims – BCBSAL (on or after 10/1/2017)  
205-220-6899 or Ask-EDI@bcbsal.org |
| **Deaf or hearing impaired**  | Alabama relay phone numbers  
800-548-2547(Voice)  
800-548-2546 (TTY/HCO) or 711 in your service area |
| **Medical Necessity Appeals** | New Directions (www.ndbh.com)  
800-248-2342 |
Primary Requirements
- Providers/Facilities must use an NPI number in billing.

Authorizations
- No authorization required for outpatient services, including psychological testing.
- Applied Behavior Analysis (ABA) therapy requires authorization for all visits.
- Precertification is required for all inpatient services.
- Precertification is required for partial hospitalization and intensive outpatient services when required by the Member’s contract.
- Some products require a referral from the Member’s primary care physician prior to treatment.

Timely Filing
- Timely filing of claims is 180 days.

Benefits
- If you have any questions about Member benefits, please call New Directions Customer Service at 1-800-248-2342.
- Online eligibility and benefits information is available at https://providers.bcbsal.org/

Claims – Before 10/1/2017
- Electronic Claims – Providers interested in filing electronic claims should email mhcaclaims@mhcausa.com.
- Paper Claims – Paper claims should be mailed to:
  Managed Health Care Administration, Inc. (MHCA)
  ATTN: Claims Processing
  956 Montclair Road, Suite 200
  Birmingham, AL 35213

Claims – On or After 10/1/2017
Blue Choice and Out-of-Network EPS EDI Claims Submission for Dates of Service Effective October 1, 2017, and After
Please work directly with your Practice Management System vendor or Clearinghouse to obtain information on how to enroll or set up your system to submit Blue Choice and out-of-network EPS claims to BCBSAL. Some providers will know how to work with their specific clearinghouse and set it up correctly in their practice management system. Other providers may choose to work directly with their practice management system vendor, even if they use a clearinghouse, because the practice management system vendor will coordinate the set-up for submitting Blue Choice and out-of-network EPS claims to BCBSAL.

In-network EPS EDI Claims Submission for Dates of Service Effective October 1, 2017, and After
Please work directly with your Practice Management System vendor or Clearinghouse to obtain information on how to enroll or set up your system to submit in-network EPS claims to New Directions. Some providers will know how to work with their specific clearinghouse and set it up correctly in their practice management system. Other providers may choose to work directly with their practice management system vendor, even if they use a clearinghouse, because the practice management system vendor will coordinate the set-up for submitting in-network EPS claims to New Directions. New Directions’ national payer ID is NDX99. Please use this payer ID when submitting in-network EPS claims to New Directions.

Change in Demographics – Before 10/1/2017
- Changes in demographics should be sent or emailed to:
  
  Evelyn Barbee, RN, MPPM, Director of Network Development
  Managed Health Care Administration, Inc. (MHCA)
  956 Montclair Road, Suite 200
  Birmingham, AL 35213
  866 334-6422
  Evelyn.Barbee@mhcausa.com

Change in Demographics – On or After 10/1/2017
- If you are an individually credentialed provider with New Directions and need to update your demographic information with us, please complete the Provider/Facility Update Form.

Medical Records
- Medical records are to be provided upon request without charge.

Telehealth
- Reimbursement for telehealth services is subject to plan guidelines.
## Primary Requirements
- Providers/Facilities must use an NPI number in billing.

## Authorizations
- Effective 1/1/2018, precertification will be required for Health Insurance Exchange members, including Private Option/Arkansas Works (Medicaid expansion) for inpatient, partial hospitalization, and intensive outpatient services.
- Effective 1/1/2018, precertification will be required for Applied Behavior Analysis (ABA) services for members with Autism Spectrum Disorder (ASD) for Tyson Foods.
- No authorization required for professional outpatient services.
- ABA therapy for members with ASD requires authorization for all visits.
- Authorization requirements for lower levels of care varies by product.
- Pre-notification is required for all inpatient.
- Precertification is required for RTS (Residential Treatment Services).
- No authorization is required for psychological or neuropsychological testing.
- Authorization for rTMS is required as of 1/1/17.

## Timely Filing
- Timely filing of claims is 180 days.
Benefits

- New Directions will quote benefits.

Claims

- Claims must meet ABCBS filing requirements.
- Clean claims will be processed within 10 to 30 days. To check the status of a claim, please call customer service at 1-800-800-4298
- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 00520.
- Paper Claims – Paper claims should be mailed to:

  ABCBS
  P.O. Box 2181
  Little Rock, AR 72203

  - ABCBS Customer Service: 1-800-800-4298

Change in Demographics

- Please provide 45 days’ notice of any planned demographic changes.
- To submit changes, please complete the Provider Update Form.
- For facility demographic updates, please email: ProviderRelations@ndbh.com.

Medical Records

- Medical records are to be provided upon request without charge.

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
Arkansas Blue Cross Blue Shield (Arkansas Blue Cross) Federal Employee Program (FEP)

| Precertification | New Directions  
| Use Provider WebPass or call 800-367-0406 |
| Eligibility & Benefits and Claims Questions | ABCBS  
| 800-482-6655 |
| Other Inquiries | New Directions  
| 800-450-8706 |
| Provider Relations | New Directions  
| 888-611-6285 or email ProviderRelations@ndbh.com |
| Deaf or hearing impaired | Arkansas Relay Service  
| 800-285-1131 |
| Reconsideration/Inquiries | New Directions  
| 800-367-0406 |

**Primary Requirements**
- Providers/Facilities must use an NPI number in billing.

**Authorizations**
- Applied Behavior Analysis (ABA) therapy requires authorization for all visits.
- No authorization required for outpatient services, including partial hospitalization and intensive outpatient services.
- Precertification required for all inpatient services, including residential.
- No authorization required for psychological or neuropsychological testing.

**Timely Filing**
- Timely filing of claims is 180 days.

**Benefits**
- ABCBS FEP department will quote benefits. If you have any questions about Member benefits, please call FEP customer service at 1-800-482-6655.
Claims

- Claims must meet FEP/ABCBS filing requirements.
- Clean claims will be processed within 10 to 30 days. To check the status of a claim, please call FEP customer service at 1-800-482-6655.
- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 00520.
- Paper Claims – Paper claims should be mailed to:

  Arkansas Blue Cross Blue Shield FEP
  P.O. Box 2181
  Little Rock, AR 72203

- Arkansas Blue Cross FEP Customer Service: 1-800-482-6655
- New Directions Behavioral Health Customer Service: Please refer to the Appendix for the appropriate plan account name and phone number to call.

Change in Demographics

- Please provide 45 days’ notice of any planned demographic changes.
- To submit changes, please complete the Provider Update Form.
- For facility demographic updates, please email: ProviderRelations@ndbh.com.

Medical Records

- Medical records are to be provided upon request without charge.

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
Walmart through Arkansas Blue Cross Blue Shield/Blue Advantage Administrators (BAA)

<table>
<thead>
<tr>
<th>Pre-notification Eligibility &amp; Benefits and Claims Questions</th>
<th>New Directions</th>
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<tbody>
<tr>
<td>Use Provider WebPass or call 877-709-6822</td>
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<tr>
<th>Other Inquiries</th>
<th>New Directions</th>
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<tr>
<td>800-450-8706</td>
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<thead>
<tr>
<th>Provider Relations</th>
<th>New Directions</th>
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<tbody>
<tr>
<td>888-611-6285 or email Provider <a href="mailto:Relations@ndbh.com">Relations@ndbh.com</a></td>
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<tr>
<th>Deaf or hearing impaired</th>
<th>Relay Services</th>
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<tr>
<td>Dial 711 for state relay service toll-free number</td>
<td></td>
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</tbody>
</table>

**Primary Requirements**
- Providers/Facilities must use an NPI number in billing.

**Authorizations**
- No authorization required for partial day, intensive outpatient, or regular outpatient services.
- Precertification is required for Inpatient and residential services beginning 1/1/17.
- No authorization required for psychological or neuropsychological testing
- ABA services for Autism require pre-notification. Pre-notification includes submitting a treatment request form to be reviewed for coverage under the BlueAdvantage Walmart Coverage Policy Manual (NDBH.com/providers/Walmart). After the treatment request form is reviewed and approved, New Directions will assign an authorization reference number. Should a provider fail to obtain pre-notification prior to rendering services, New Directions may review the member’s full medical record.
- Failure to obtain prior authorization may result in denial of payment.

**Timely Filing**
- Timely filing of claims is 365 days.

**Benefits**
- If you have any questions about Member benefits, please use Provider WebPass or call New Directions Customer Service at 1-877-709-6822.
Claims

- Claims must meet ABCBS filing requirements.
- Clean claims will be processed within 10 to 30 days.
- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 00520.
- Paper Claims – Paper claims should be mailed to:

  Blue Advantage Administrators
  P.O. Box 1460
  Little Rock, AR 72203

- New Directions Behavioral Health Customer Service: 1-877-709-6822

Change in Demographics

- Please provide 45 days’ notice of any planned demographic changes.
- To submit changes, please complete the Provider Update Form.
- For facility demographic updates, please email: ProviderRelations@ndbh.com.

Medical Records

- Medical records are to be provided upon request without charge.

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
## Florida Blue PPO including Medicare Advantage

<table>
<thead>
<tr>
<th>Services</th>
<th>New Directions</th>
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</thead>
<tbody>
<tr>
<td>Authorizations for ABA Therapy</td>
<td>Fax to 816-237-2372, Attn: FL ABA Request</td>
</tr>
<tr>
<td>only</td>
<td></td>
</tr>
<tr>
<td>Precertification Eligibility &amp;</td>
<td>Use Provider WebPass or call 866-730-5006</td>
</tr>
<tr>
<td>Benefits and Claims Questions</td>
<td></td>
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<tr>
<td>Provider Relations</td>
<td>888-611-6285 or email <a href="mailto:Florida_PR@ndbh.com">Florida_PR@ndbh.com</a></td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>State relay services Dial 711 to identify the correct toll-free number for</td>
</tr>
<tr>
<td></td>
<td>your location</td>
</tr>
<tr>
<td>Provider Appeals</td>
<td>866-730-5006</td>
</tr>
</tbody>
</table>

### Claims Filing Requirements

Please be advised: Florida Blue requires Providers to utilize a type 2 NPI number. If you are billing using a **Tax ID number**, you will need to register for a type 2 NPI number. If you are billing using your **Social Security number**, you will **not** have to register for a Type 2 NPI number.

To avoid payment delays and or claim denials, please access the following link to register for your type 2 NPI number: https://nppes.cms.hhs.gov/NPPES/Welcome.do.

**Using your new group/type 2 NPI number in the billing process**

- The group/type 2 NPI number will be used as the “billing provider” on a claim
- The individual NPI number will be used as the “rendering provider” on a claim

### Authorizations

- ABA requires prior authorization from first visit. New Directions will assign an authorization reference number. (For authorizations related to Autism services, please refer to the Applied Behavior Analysis for the Treatment of Autism Spectrum Disorder Medical Policy located under the provider section of www.ndbh.com.) Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.

- No authorization required for psychological testing. After eight (8) hours of psychological or neuropsychological testing, Florida Blue will request to see medical records from the provider of service.
ECT requires prior authorization from first visit. Please locate request form on www.ndbh.com. Failure to obtain prior authorization may result in denial of payment. Refer to the member's plan for specific benefits and authorization requirements. Requests for authorizations sent via facsimile will no longer be accepted, except for ABA therapy.

**Notifications/Certification**
- Notification/Certification is required for all Inpatient, Residential, Partial Hospitalization and Intensive Outpatient Services. Note: Some self-funded Plans may not have this requirement.

**Timely Filing**
- Timely filing of claims is 180 days.

**Benefits**
- Benefits vary by group and Plan.

**Claims**
- Claims must meet timely filing requirements.
- Clean claims will be processed within 10 to 30 days. To check the status of a claim, please check Availity or call New Directions Customer Service at 1-866-730-5006.
- Claims must be submitted electronically using payer ID – 00590.
- If there is no method available for the submission of an electronic claim or the entity submitting the claim is a small provider of services, New Directions may waive the electronic submission requirement. If the electronic submission is waived, a delay in the payment may occur.
- Florida Blue PPO Customer Service: See Member’s ID card

**Change in Demographics**
- Please notify New Directions of any changes to your availability or demographics with 45 days’ notice. To submit changes, please complete the Provider Update Form. Instructions on how to complete the form are available in the Providers section of the New Directions website: www.ndbh.com.

For facility demographic updates, please email: ProviderRelations@ndbh.com.

**Medical Records**
- Medical records are to be provided upon request without charge.

**Telehealth**
- Reimbursement for telehealth services is subject to plan guidelines.
Florida Blue HMO including Medicare Advantage

<table>
<thead>
<tr>
<th>Authorizations for ABA Therapy only</th>
<th>New Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Precertification, Eligibility &amp; Benefits and Claims Questions</td>
<td>Fax to 816-237-2372 Attn: FL ABA Request</td>
</tr>
<tr>
<td>Provider Relations</td>
<td>Use Provider WebPass or call 866-730-5006</td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>State relay services</td>
</tr>
<tr>
<td>Provider Appeals</td>
<td>New Directions</td>
</tr>
<tr>
<td></td>
<td>888-611-6285 or email <a href="mailto:Florida_PR@ndbh.com">Florida_PR@ndbh.com</a></td>
</tr>
</tbody>
</table>

Claims Filing Requirements
Please be advised: Due to a recent update to the claims payment system at Florida Blue, the requirement to utilize a type 2 NPI number is now being enforced. If you are billing using a Tax ID number, you will need to register for a type 2 NPI number. If you are billing using your Social Security number, you will NOT have to register for a Type 2 NPI number.

To avoid payment delays and or claim denials, please access the following link to register for your type 2 NPI number: https://nppes.cms.hhs.gov/NPPES/Welcome.do.

Using your new group/type 2 NPI number in the billing process
- The group/type 2 NPI number will be used as the “billing provider” on a claim
- The individual NPI number will be used as the “rendering provider” on a claim

Authorizations
- ABA requires prior authorization from first visit. New Directions will assign an authorization reference number. (For authorizations related to Autism services, please refer to the Applied Behavior Analysis for the Treatment of Autism Spectrum Disorder Medical Policy located under the provider section of www.ndbh.com.) Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.
- No authorization is required for psychological or neuropsychological testing. After eight (8) hours of psychological or neuropsychological testing, Florida Blue will request to see medical records from the provider of service.
• Authorization required for all Inpatient, Residential, Partial Hospitalization and Intensive Outpatient services (including ABA therapy). Note: some self-funded Plans may not have this requirement.
• rTMS and ECT require authorization from first visit. Please locate request form on www.ndbh.com. Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.
• Requests for authorizations sent via facsimile will no longer be accepted, except for ABA therapy.

Timely Filing
• Timely filing of claims is 180 days.

Benefits
• Varies by group
• No out-of-network benefit unless group has a POS Rider

Claims
• Claims must meet timely filing requirements.
• Clean claims will be processed within 10 to 30 days. To check the status of a claim, please check Availity or call New Directions Customer Service at 1-866-730-5006.
• Claims must be submitted electronically using payer ID– 00590.
• If there is no method available for the submission of an electronic claim or the entity submitting the claim is a small provider of services, New Directions may waive the electronic submission requirement. If the electronic submission is waived, a delay in the payment may occur.
• Florida Blue Customer Service: See Member’s ID card.
• New Directions Behavioral Health Customer Service: 1-866-730-5006

Change in Demographics
• Please notify New Directions of any changes to your availability or demographics with 45 days’ notice. To submit changes, please complete the Provider Update Form. Instructions on how to complete the form are available in the Providers section of the New Directions website: www.ndbh.com.

    For facility demographic updates, please email: ProviderRelations@ndbh.com.

Medical Records
• Medical records are to be provided upon request without charge.

Telehealth
• Reimbursement for telehealth services is subject to plan guidelines.
Florida Blue Federal Employee Program (FEP)

<table>
<thead>
<tr>
<th>Precertification Eligibility &amp; Benefits and Claims Questions</th>
<th>New Directions</th>
</tr>
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<tbody>
<tr>
<td>Use Provider WebPass or call 866-730-5006</td>
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<tr>
<th>Provider Relations</th>
<th>New Directions</th>
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<tr>
<td>888-611-6285 or email <a href="mailto:Florida_PR@ndbh.com">Florida_PR@ndbh.com</a></td>
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<tr>
<th>Deaf or hearing impaired</th>
<th>New Directions</th>
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<tr>
<td>State relay services</td>
<td>Dial 711 to identify the correct toll-free number for your location</td>
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<thead>
<tr>
<th>Reconsideration/Inquiries</th>
<th>New Directions</th>
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</thead>
<tbody>
<tr>
<td>866-730-5006</td>
<td></td>
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</tbody>
</table>

Claims Filing Requirements
- Providers/Facilities must use an NPI number in billing.

Certification
- Prior certification is required for Applied Behavior Analysis (ABA).
- No certification is required for outpatient services.
- Certification is required for all Inpatient services.
- Precertification is required for Residential Treatment. Residential has additional requirements for case management participation prior to admission, treatment plan development and agreement. Please call 866-730-5006 for additional details.
- No certification required for psychological or neuropsychological testing. After eight (8) hours, medical records need to be sent to Florida Blue.
- rTMS and ECT require certification from first visit. Please locate request form on www.ndbh.com. Failure to obtain certification may result in denial of payment. Refer to the member’s plan for specific benefits and certification requirements.
- Requests for certification sent via facsimile will no longer be accepted, except for ABA therapy.

Timely Filing
- Timely filing of claims is 180 days.

Benefits
- Contact New Directions toll free at 1-866-730-5006.
Claims
• Claims must meet timely filing requirements.
• Clean claims will be processed within 10 to 30 days. To check the status of a claim, please check Availity or call New Directions Customer Service at 866-730-5006.
• Claims must be submitted electronically using payer ID – 00590.
• If there is no method available for the submission of an electronic claim or the entity submitting the claim is a small provider of services, New Directions may waive the electronic submission requirement. If the electronic submission is waived, a delay in the payment may occur.
• Florida Blue Customer Service: See Member’s ID card
• New Directions Behavioral Health Customer Service: 1-866-730-5006

Change in Demographics
• Please notify New Directions of any changes to your availability or demographics with 45 days’ notice. To submit changes, please complete the Provider Update Form. Instructions on how to complete the form are available in the Providers section of the New Directions website: www.ndbh.com.

For facility demographic updates, please email: ProviderRelations@ndbh.com.

Medical Records
• Medical records are to be provided upon request without charge.

Telehealth
• Reimbursement for telehealth services is subject to plan guidelines.
### Florida Blue Medicare Preferred HMO [Florida Blue and BeHealthy]

<table>
<thead>
<tr>
<th></th>
<th>New Directions</th>
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<tbody>
<tr>
<td><strong>Outpatient Authorizations</strong></td>
<td>No authorization required. Outpatient services may be reviewed retrospectively.</td>
</tr>
<tr>
<td><strong>Precertification</strong></td>
<td>Use Provider WebPass or call 866-730-5006</td>
</tr>
<tr>
<td><strong>Eligibility &amp; Benefits</strong></td>
<td>866-730-5006</td>
</tr>
<tr>
<td><strong>Claims Inquiries</strong></td>
<td>Alignment Healthcare (AHC) Please first check Availity (800-282-4548). If further support is needed, call AHC Customer Service at 844-783-5191.</td>
</tr>
<tr>
<td><strong>Other Inquiries</strong></td>
<td>New Directions 800-450-8706</td>
</tr>
<tr>
<td><strong>Provider Relations</strong></td>
<td>New Directions 888-611-6285 or email <a href="mailto:Florida_PR@ndbh.com">Florida_PR@ndbh.com</a></td>
</tr>
<tr>
<td><strong>Provider Appeals</strong></td>
<td>New Directions 866-730-5006</td>
</tr>
<tr>
<td><strong>Deaf or hearing impaired</strong></td>
<td>State Relay Services Call 711 to identify the correct toll-free number for your location</td>
</tr>
</tbody>
</table>

### Primary Requirements

- Providers/Facilities must use an NPI number in billing.
- If you are billing using **a Tax ID number**, you will need to register for a type 2 NPI number.
  - Use the following link to register for your type 2 NPI number
    - [https://nppes.cms.hhs.gov/NPPES/Welcome.do](https://nppes.cms.hhs.gov/NPPES/Welcome.do)
- If you are billing using your **Social Security number**, you will NOT have to register for a Type 2 NPI number.
- If using a Type 2 NPI in the billing process:
  - The group/type 2 NPI number will be used as the “billing provider” on a claim.
The individual NPI number will be used as the “rendering provider” on a claim.

**Authorizations**

- No authorization required for psychological or neuropsychological testing. Claims for hours beyond eight (8) will be pended and medical records will be requested.
- No authorization is required for outpatient services.
- Authorization is required for all inpatient, partial hospitalization and intensive outpatient services.
- Requests for authorizations sent via facsimile will no longer be accepted.

**Timely Filing**

- Timely filing of claims is 180 days.

**Benefits**

- Contact New Directions toll-free at 1-866-730-5006.
- Benefits vary by group and plan.
- Residential services are not covered.

**Claims**

- Claims must meet timely filing requirements.
- Clean claims will be processed within 10 to 30 days. To check the status of a claim, please check Availity (phone # 800-282-4548). If further support is needed, call Alignment Customer Service at 844-783-5191.
- Claims must be submitted electronically using payer ID – CCHPC.
- If there is no method available for the submission of an electronic claim or the entity submitting the claim is a small provider of services, New Directions may waive the electronic submission requirement. If the electronic submission is waived, a delay in the payment may occur.

**Change in Demographics**

- Please notify New Directions of any changes to your availability or demographics with 45 days’ notice. To submit changes, please complete the Provider Update Form. Instructions on how to complete the form are available in the Providers section of New Direction’s website: www.ndbh.com.

For facility demographic updates, please email: ProviderRelations@ndbh.com.
Medical Records

- Medical records are to be provided upon request without charge.

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
### Prior Authorizations

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Precertification</td>
<td>New Directions</td>
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<tr>
<td></td>
<td>800-952-5906</td>
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<tr>
<td>Benefits, Eligibility and Claims</td>
<td>BCBSKS</td>
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<td>866-432-3990</td>
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<td>Other Inquiries</td>
<td>New Directions</td>
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<td></td>
<td>800-952-5906</td>
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<tr>
<td>Provider Relations</td>
<td>BCBSKS</td>
</tr>
<tr>
<td></td>
<td>800-432-3587</td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Kansas Relay Services</td>
</tr>
<tr>
<td></td>
<td>800-766-3777</td>
</tr>
<tr>
<td>Provider Appeals</td>
<td>BCBSKS</td>
</tr>
<tr>
<td></td>
<td>800-432-3993</td>
</tr>
</tbody>
</table>

### Network

- BCBSKS provides the network

### Authorizations

- Prior authorization required for inpatient and residential services.
- Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.
- Precertification is requested for partial hospitalization, intensive outpatient, psychological testing, ECT and residential where it is a covered benefit. Medical records may be reviewed for services without a precertification to ensure medical necessity.
- ABA requires prior authorization from first visit. New Directions will assign an authorization reference number.
- Medical necessity criteria may be found at [www.ndbh.com](http://www.ndbh.com)

Benefits
- BCBSKS will quote benefits. If you have any questions about Member benefits, please call customer service at 800-432-3990.

Timely Filing
- Timely filing of claims is 15 months from date of service.

Claims
- Claims must meet BCBSKS filing requirements.
- Electronic Claims – Providers interested in filing electronic claims should refer to BCBSKS.com.
- Paper Claims – Paper claims should be mailed to:

  Blue Cross Blue Shield Kansas
  1133 SW Topeka Blvd
  Topeka, KS 66629-0001

Telehealth
- Reimbursement for telehealth services is subject to plan guidelines.
### Blue Cross Blue Shield of Kansas (BCBSKS) HMO

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Prior Authorizations</strong></td>
<td><strong>New Directions</strong></td>
</tr>
<tr>
<td></td>
<td>800-952-5906</td>
</tr>
<tr>
<td><strong>Precertification</strong></td>
<td><strong>New Directions</strong></td>
</tr>
<tr>
<td></td>
<td>800-952-5906</td>
</tr>
<tr>
<td><strong>Benefits, Eligibility and Claims</strong></td>
<td><strong>BCBSKS</strong></td>
</tr>
<tr>
<td></td>
<td>800-432-3990</td>
</tr>
<tr>
<td><strong>Other Inquiries</strong></td>
<td><strong>New Directions</strong></td>
</tr>
<tr>
<td></td>
<td>800-952-5906</td>
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<tr>
<td><strong>Provider Relations</strong></td>
<td><strong>BCBSKS</strong></td>
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<td></td>
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<tr>
<td><strong>Provider Appeals</strong></td>
<td><strong>BCBSKS</strong></td>
</tr>
<tr>
<td></td>
<td>800-432-3993</td>
</tr>
</tbody>
</table>

### Network
- BCBSKS provides the network.
- All services must be provided by in-network providers.
  - Exceptions may be made when services are provided for a medical/behavioral health emergency or when a medically necessary service is not available from a network provider.

### Authorizations
- Prior authorization required for inpatient and residential services.
- Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.
- Precertification is requested for partial hospitalization, intensive outpatient, psychological testing, ECT and residential where it is a covered benefit. Medical records may be reviewed for services without a precertification to ensure medical necessity.
ABA requires prior authorization from first visit. New Directions will assign an authorization reference number.
Medical necessity criteria may be found at www.ndbh.com

Benefits
- BCBSKS will quote benefits. If you have any questions about Member benefits, please call customer service at 1-800-432-3990.

Timely Filing
- Timely filing of claims is 15 months from date of service.

Claims
- Claims must meet BCBSKS filing requirements.
- Electronic Claims – Providers interested in filing electronic claims should refer to BCBSKS.com.
- Paper Claims – Paper claims should be mailed to:
  
  Blue Cross Blue Shield Kansas  
  1133 SW Topeka Blvd  
  Topeka, KS 66629-0001

Telehealth
- Reimbursement for telehealth services is subject to plan guidelines.
Blue Cross Blue Shield of Kansas (BCBSKS) Federal Employee Program (FEP)

<table>
<thead>
<tr>
<th>Precertification of Inpatient</th>
<th>New Directions 800-952-5906</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits, Eligibility and Claims</td>
<td>BCBSKS 800-432-0379</td>
</tr>
<tr>
<td>Other Inquiries</td>
<td>New Directions 800-952-5906</td>
</tr>
<tr>
<td>Provider Relations</td>
<td>BCBSKS 800-432-3587</td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Kansas Relay Services 800-766-3777</td>
</tr>
<tr>
<td>Reconsiderations (Appeals)</td>
<td>BCBSKS 800-432-0379</td>
</tr>
</tbody>
</table>

Network
- BCBSKS provides the network.

Authorizations
- Advanced benefit determination is no longer required for Professional outpatient services.
- Applied Behavior Analysis (ABA) Therapy requires authorization for all visits.
- Precertification is required for all inpatient services, including residential for situations where it is a covered benefit.
- Pre-authorization is not required by contract for PHP, IOP, ECT or Psychological testing, however these services will be reviewed for medical necessity beginning with the first date of service or unit of service. You may request prior approval for services to be reviewed by submitting the ITR/OTR/Psych testing forms in the same manner they were submitted prior to January 1, 2017.

Benefits
- BCBSKS will quote benefits. If you have any questions about Member benefits, please call FEP customer service at 800-432-0379.
Timely Filing

- BCBSKS Federal Employee Program (FEP) contract has a claims timely filing of December 31st of the year following the date of service.

Claims

- Claims must meet BCBSKS filing requirements.
- Electronic Claims – Providers interested in filing electronic claims should refer to BCBSKS.com.

- Paper Claims – Paper claims should be mailed to:
  Blue Cross Blue Shield Kansas
  1133 SW Topeka Blvd.
  Topeka, KS 66629-0001

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
## Primary Requirements

- Providers must have a Blue KC Provider number. This is assigned after credentialing is complete. If you do not already have a 5-digit Blue KC Provider ID, please contact customer service at 1-800-456-3759.
- Providers/Facilities must use an NPI number in billing.

## Authorizations

- Prior authorization is required for all inpatient, residential, rTMS, ECT, psychological/neuropsychological testing and ABA services.
  - Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.
• Outpatient professional services do not require authorization.
• Precertification is encouraged for all partial hospitalization and intensive outpatient services. These services may be reviewed retrospectively to ensure they meet the criteria for medical necessity.
• Applied behavior analysis (ABA) requires prior authorization from first visit. New Directions will assign an authorization reference number. For authorizations related to Autism services, please refer to the Applied Behavior Analysis for the Treatment of Autism Spectrum Disorder Medical Policy located under the provider section of www.ndbh.com.
• For authorizations related to testing, please refer to instructions on the psychological testing request form located under the provider section of www.ndbh.com.
  o Psychological testing requires prior authorization after five hours of testing.
  o Neuropsychological testing requires prior authorization after eight hours of testing.
• For authorizations related to rTMS, please refer to instructions on the initial and continuation treatment request forms and see our medical policy for this therapy.

Timely Filing
• Timely filing of claims is 180 days.

Benefits
• If you have any questions about Member benefits, please use Provider WebPass or call New Directions Customer Service at 1-800-528-5763.
• Blue KC’s automated system, “Blue Touch,” will walk you through the process to obtain eligibility and benefits information. You will need your Blue KC Provider number and the member’s ID number and date of birth. The phone numbers for Blue Touch are 816-395-3829 or 1-800-451-2348.
• Online eligibility and benefits information is available at http://www.bluekc.com/. Click on the “Provider” icon.
• Blue KC may also be contacted at 816-395-2222.

Claims
• Electronic Claims – Providers interested in filing electronic claims should use payer ID – 47171.
• Paper Claims – Paper claims should be mailed to:

  Blue Cross Blue Shield Kansas City
  P.O. Box 419169
  Kansas City, MO 64141-6163

  • Blue KC Customer Service: 1-800-456-3759
  • New Directions Behavioral Health Customer Service: 1-800-528-5763
**Change in Demographics**
- Please provide 45 days’ notice of any planned demographic changes, using the Provider/Facility update form. This form is found in the New Directions Provider and Facility Manual at [www.ndbh.com](http://www.ndbh.com).

**Medical Records**
- Medical records are to be provided upon request without charge.
- Reimbursement for telehealth services is subject to plan guidelines.

**Telehealth**
- Reimbursement for telehealth services is subject to plan guidelines.
### Blue Cross Blue Shield of Kansas City (Blue KC) Preferred Care & Preferred Care Blue PPO

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior Authorizations</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Predetermination</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Benefits, Eligibility and Claims Questions</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Other Inquiries</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Provider Relations</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Provider Appeals</td>
<td>New Directions 800-528-5763</td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Kansas Relay Services 800-766-3777</td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Missouri Relay Services 800-736-2966</td>
</tr>
</tbody>
</table>

### Primary Requirements
- Providers must have a Blue KC Provider number. This is assigned after credentialing is complete. If you do not already have a 5-digit Blue KC Provider ID, please contact customer service at 1-800-456-3759.
- Providers/Facilities must use an NPI number in billing.

### Authorizations
- Prior authorization is required for all inpatient, residential, rTMS, ECT, psychological/neuropsychological testing and ABA services.
Failure to obtain prior authorization may result in denial of payment. Refer to the member’s plan for specific benefits and authorization requirements.

- Outpatient professional services do not require authorization.
- Precertification is encouraged for all partial hospitalization and intensive outpatient services. These services may be reviewed retrospectively to ensure they meet the criteria for medical necessity.
- ABA requires prior authorization from first visit. New Directions will assign an authorization reference number. For authorizations related to Autism services, please refer to the Applied Behavior Analysis for the Treatment of Autism Spectrum Disorder Medical Policy located under the provider section of www.ndbh.com.
- Psychological testing requires prior authorization after five hours of testing. Prior authorization is required for neuropsychological testing after eight (8) hours of testing. For authorizations related to testing, please refer to instructions on the psychological testing request form located under the provider section of www.ndbh.com.
- Repetitive Transcranial Magnetic Stimulation (rTMS) requires prior authorization. For authorizations related to rTMS, please refer to instructions on the initial and continuation treatment request forms and see our medical policy for this therapy.

**Timely Filing**

- Timely filing of claims is 180 days.

**Benefits**

- If you have any questions about Member benefits, please use Provider WebPass or call New Directions Customer Service at 1-800-528-5763.
- Blue KC’s automated system, “Blue Touch,” will walk you through the process to obtain eligibility and benefits information. You will need your Blue KC Provider number and the member’s ID number and date of birth. The phone numbers for Blue Touch are 816-395-3829 or 1-800-451-2348.
- Online eligibility and benefits information is available at www.BlueKC.com. Click on the “Provider” icon.
- Blue KC may also be contacted at 816-395-2222.

**Claims**

- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 47171.
- Paper Claims – Paper claims should be mailed to:

  Blue Cross Blue Shield Kansas City  
P.O. Box 419169  
Kansas City, MO 64141-6163

- Blue KC Customer Service: 1-800-456-3759
- New Directions Behavioral Health Customer Service: 1-800-528-5763
Change in Demographics

- Please provide 45 days’ notice of any planned demographic changes.
- To submit changes, please complete the Provider Update Form.
- For facility demographic updates, please email ProviderRelations@ndbh.com.

Medical Records

- Medical records are to be provided upon request without charge.

Telehealth

- Reimbursement for telehealth services is subject to plan guidelines.
## Blue Cross Blue Shield of Kansas City (Blue KC) Federal Employee Program (FEP)

<table>
<thead>
<tr>
<th>Category</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior Authorizations</td>
<td>New Directions</td>
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<tr>
<td></td>
<td>800-528-5763</td>
</tr>
<tr>
<td>Predetermination</td>
<td>New Directions</td>
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<tr>
<td></td>
<td>800-528-5763</td>
</tr>
<tr>
<td>Benefits, Eligibility and Claims Questions</td>
<td>New Directions</td>
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<tr>
<td></td>
<td>800-528-5763</td>
</tr>
<tr>
<td>Other Inquiries</td>
<td>New Directions</td>
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<tr>
<td></td>
<td>800-528-5763</td>
</tr>
<tr>
<td>Provider Relations</td>
<td>New Directions</td>
</tr>
<tr>
<td></td>
<td>888-611-6285 or <a href="mailto:providerrelationsteam@ndbh.com">providerrelationsteam@ndbh.com</a></td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Kansas Relay Services</td>
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<td>800-766-3777</td>
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<tr>
<td>Deaf or hearing impaired</td>
<td>Missouri Relay Services</td>
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<td></td>
<td>800-736-2966</td>
</tr>
<tr>
<td>Reconsideration/Inquiries</td>
<td>New Directions</td>
</tr>
<tr>
<td></td>
<td>800-528-5763</td>
</tr>
</tbody>
</table>

### Primary Requirements
- Providers must have a Blue KC Provider ID number. Blue KC will assign a provider ID number after credentialing is complete. To obtain a Blue KC Provider ID number, please contact Blue KC customer service at 1-816-395-3678.
- Providers/Facilities must use an NPI number in billing.

### Authorizations
- Prior authorization is required for Applied Behavior Analysis (ABA), inpatient and residential.
For residential, please refer to service benefit plan book for additional prior authorization requirements

- No authorization is required for outpatient services, including partial hospitalization and intensive outpatient services.
- No authorization is required for psychological or neuropsychological testing.

**Timely Filing**

- Timely filing of claims is 180 days.

**Benefits**

- If you have any questions about Member benefits, please use Provider WebPass or call New Directions Customer Service at 1-800-528-5763.
- Blue KC’s automated system, “Blue Touch,” will walk you through the process to obtain eligibility and benefits information. You will need your Blue KC Provider number and the member’s ID number and date of birth. The phone numbers for Blue Touch are 816-395-3829 or 1-800-451-2348.
- Online eligibility and benefits information is available at [www.BlueKC.com](http://www.BlueKC.com). Click on the “Provider” icon.
- Blue KC may also be contacted at 816-395-2222.

**Claims**

- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 47171.
- Paper Claims – Paper claims should be mailed to:

  Blue Cross Blue Shield Kansas City  
P.O. Box 419071  
Kansas City, MO 64141-6163

- Blue KC Customer Service: 1-816-395-3678  
- New Directions Behavioral Health Customer Service: 1-800-528-5763

**Change in Demographics**

- Please provide 45 days’ notice of any planned demographic changes.
- To submit changes, please complete the [Provider Update Form](#).
- For facility demographic updates, please email ProviderRelations@ndbh.com.

**Medical Records**

- Medical records are to be provided upon request without charge.
- Reimbursement for telehealth services is subject to plan guidelines.

**Telehealth**

- Reimbursement for telehealth services is subject to plan guidelines.
## Blue Cross and Blue Shield of Michigan (BCBSM)
### Provider Network through Blue Cross and Blue Shield of Michigan

<table>
<thead>
<tr>
<th>Outpatient Authorizations</th>
<th>New Directions</th>
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</thead>
<tbody>
<tr>
<td>No authorization required</td>
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<table>
<thead>
<tr>
<th>Precertification for BCBSM Contracted Facilities</th>
<th>New Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>800-762-2382 (Commercial)</td>
<td></td>
</tr>
<tr>
<td>800-342-5891 (FEP)</td>
<td></td>
</tr>
<tr>
<td>or use WebPass</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits &amp; Eligibility</th>
<th>BCBSM</th>
</tr>
</thead>
<tbody>
<tr>
<td>See Customer Service Phone number on the Member’s ID card for benefits/eligibility or go to <a href="http://www.bcbsm.com">www.bcbsm.com</a>.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Claims Inquiries</th>
<th>BCBSM</th>
</tr>
</thead>
<tbody>
<tr>
<td>See Customer Service Phone number on the Member’s ID card for claims or call 313-225-8100.</td>
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</table>

<table>
<thead>
<tr>
<th>Deaf or hearing impaired</th>
<th>MI Relay Phone Number</th>
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<tbody>
<tr>
<td>Dial 711 for relay number</td>
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</table>

<table>
<thead>
<tr>
<th>Medical Necessity Appeals</th>
<th>New Directions</th>
</tr>
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<tbody>
<tr>
<td>800-762-2382 (Commercial)</td>
<td></td>
</tr>
<tr>
<td>800-342-5891 (FEP)</td>
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</tr>
</tbody>
</table>

## Authorizations

- No authorization required for outpatient services, including psychological testing and intensive outpatient program (IOP) services for mental health and substance abuse issues. These services may be reviewed retrospectively.
  - New Directions does not manage or authorize IOP services. Claims for IOP services should be sent directly to BCBSM for processing.
- Applied Behavior Analysis (ABA) Therapy requires authorization for all visits. Call 877-563-9347.
- Precertification required for the following higher level of care services: partial hospitalization, residential treatment and inpatient hospitalization. Contact New Directions for authorization of these services.
- Authorization is required for rTMS. For authorizations related to rTMS, please refer to instructions on the initial and continuation treatment request forms and see BCBSM’s Medical Policy for this therapy.
- For “out-of-network” or “non-participating” providers or facilities, New Directions does not authorize any level of care.
Benefits
- If you have any questions about Member benefits, please call BCBSM Customer Service at the phone number found on Member’s insurance ID card.
- Online eligibility and benefits information is available at www.BCBSM.com.

Other information
- Please visit http://www.bcbsm.com/providers/help/contact-us.html, for all other information.

Telehealth
- Reimbursement for telehealth services is subject to plan guidelines.
# Blue Cross Blue Shield of Louisiana (BCBSLA)

<table>
<thead>
<tr>
<th><strong>BCBSLA Authorizations</strong></th>
<th><strong>New Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue Advantage Authorizations</strong></td>
<td>800-991-5638</td>
</tr>
<tr>
<td><strong>BCBSLA Benefits &amp; Eligibility</strong></td>
<td><strong>Blue Cross Blue Shield of Louisiana (BCBSLA)</strong></td>
</tr>
<tr>
<td><strong>Blue Advantage Eligibility</strong></td>
<td><strong>New Directions</strong></td>
</tr>
<tr>
<td><strong>BlueCard Eligibility</strong></td>
<td>800-991-5638</td>
</tr>
<tr>
<td><strong>Provider Relations</strong></td>
<td><strong>BCBSLA</strong></td>
</tr>
<tr>
<td><strong>Provider Operations</strong></td>
<td><a href="http://www.bcbsla.com/ilinkblue">www.bcbsla.com/ilinkblue</a></td>
</tr>
<tr>
<td><strong>Provider Appeals</strong></td>
<td>or call Provider Services at 800-922-8866</td>
</tr>
</tbody>
</table>

**Other Blue Plans**

For benefits and eligibility for member of a Blue Plan other than BCBSLA

1-800-676-BLUE (1-800-676-2583)

**BCBSLA**

provider.relations@bcbsla.com

1-800-716-2299, option 4

**Network Administration**

network.administration@bcbsla.com

1-800-716-2299

- Option 1 for provider file questions
- Option 2 for credentialing questions

**Claims Inquiries**

www.bcbsla.com/ilinkblue

or call Provider Services at 1-800-922-8866

**BCBSLA**

BCBSLA recognizes that disputes may arise between members and Blue Cross regarding covered services

Refer to A Guide for Disputing Claims Tidbit to properly route claim reviews, disputes and appeals to the appropriate departments within Blue Cross
Claims Filing Requirements
Please include the following information on all BCBSLA claims:

- Member ID Number
- Patient Name and Date of Birth
- Date of Service
- Provider NPI
- Include all applicable procedure and diagnosis codes (it is important to file “ALL” applicable diagnosis codes to the highest degree of specificity)

Authorizations
BCBSLA requires prior authorization for certain behavioral health services:

- Inpatient Hospital (including detox)
- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP)
- Residential Treatment Center (RTC)
- Applied Behavior Analysis (ABA)

Timely Filing

- BCBSLA claims must be filed within 15 months, or length of time stated in the member’s contract, of the date of service. Claims received after 15 months, or length of time stated in the member’s contract, will be denied, and the member and Blue Cross should be held harmless for these amounts.
- BCBSLA claims for FEP members must be filed by December 31 of the year after the year the service was rendered.
- Self-insured plans and plans from other states may have different timely filing guidelines. Please call Provider Services at 1-800-922-8866 to determine what the claims filing limits are for your patients.
- BCBSLA claims for OGB members must be filed within 12 months of the date of service. Claims received after 12 months will be denied for timely filing and the OGB member and Blue Cross should be held harmless. Claims reviews including refunds and recoupments must be requested within 18 months of the receipt date of the original claim. OGB claims are not subject to late payment interest penalties.
- Blue Advantage claims must be filed within 12 months from the date of service.
Claims Submission

Electronic Claims:
- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 23738 (Professional/HCFA) U3738 (Institutional/UB)

Hardcopy Claims:
- BCBSLA Hardcopy Claims should be mailed to:
  Blue Cross and Blue Shield of Louisiana
  P.O. Box 98029
  Baton Rouge, LA 70898

  FEP Hardcopy claims should be mailed to:
  P.O. Box 98028
  Baton Rouge, LA 70898-9028

Blue Advantage Claims – Electronic:
Blue Advantage claims should be submitted electronically through Change Healthcare using the Blue Advantage payor identification of 84555. In addition, 84555 is the new payor identification that Change Healthcare has assigned for claims submission and receipt of the 835 ERA. All 27X transactions must be submitted to Change Healthcare using the payor identification BCLAM.

Blue Advantage Claims – Hard copy:
HMO Louisiana, Inc.
P.O. Box 32406
St. Louis, MO 63132

Change in Demographics
- To update your address or contact information, complete BCBSLA’s online interactive Provider Update Form.

Medical Records
- Medical records are to be provided upon request without charge, as agreed to in your BCBSLA provider contract.

Telehealth
- Reimbursement for telehealth services is subject to plan guidelines.
Appendix for Employer groups contracted with New Directions

**Note**: Information contained in the Appendix is specific to each Plan (i.e., not a New Directions process). It may be subject to change. If you have questions, please direct them to the applicable Plan.
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Precertification</td>
<td>New Directions 800-790-1025</td>
</tr>
<tr>
<td>Other Inquiries</td>
<td>New Directions 800-790-1025</td>
</tr>
<tr>
<td>Provider Relations</td>
<td>New Directions 888-611-6285 or email <a href="mailto:providerrelationsteam@ndbh.com">providerrelationsteam@ndbh.com</a></td>
</tr>
<tr>
<td>Deaf or hearing impaired</td>
<td>Contact your state relay services for the number</td>
</tr>
<tr>
<td></td>
<td>Dial 711</td>
</tr>
<tr>
<td>Provider Appeals</td>
<td>New Directions 800-790-1025</td>
</tr>
</tbody>
</table>

**Network:** BCBSIL PPO

**Primary Requirements**
- Providers/Facilities must use an NPI number in billing.

**Authorizations**
- No authorization is required for outpatient services.
- Precertification is required for all inpatient services.
- No authorization is required for psychological or neuropsychological testing.

**Timely Filing**
- Timely filing of claims is 180 days.

**Claims**
- Paper Claims – Paper claims should be mailed to:
  - BCBS of Illinois
  - 1400 North 30 Street
  - Quincy, IL 62301
- BCBSIL Customer Service: 1-866-219-8511
• New Directions Behavioral Health Customer Service: 1-866-521-0165

Change in Demographics
• Please provide 45 days’ notice of any planned demographic changes.
• To submit changes, please complete the Provider Update Form.
• For facility demographic updates, please email ProviderRelations@ndbh.com.

Medical Records
• Medical records are to be provided upon request without charge.

Telehealth
• Reimbursement for telehealth services is subject to plan guidelines.
Cerner
(The following information is effective 1/1/17 through 12/31/17)

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Outpatient Notification and Precertification | American Health  
Facilities can be transferred to 866-648-5548 |
| Eligibility, Benefits and Claim Questions | Cerner  
Callers can be warm transferred to 877-765-1033 |
| Referrals for all levels of care | New Directions  
877-500-8335 |
| Provider Relations             | New Directions  
888-611-6285 or email providerrelationsteam@ndbh.com |
| Deaf or hearing impaired       | Kansas Relay Phone  
800-766-3777 |
| Deaf or hearing impaired       | Missouri Relay Phone  
800-736-2966 |
| Provider Appeals               | Cerner  
877-765-1033 |

Timely Filing
- Timely filing of claims is 365 days.

Benefits
- If you have any questions about Member benefits, please call Cerner Health at 1-877-765-1033.

Claims
- To check the status of a claim, please call Cerner Health customer service at 1-866-765-1033.
- Electronic Claims – Providers interested in filing electronic claims should use payer ID – 20356.
• Paper Claims – Paper claims should be mailed to:

Cerner Health  
P.O. Box 165750  
Kansas City, MO 64116

• Cerner Health Customer Service: 1-877-765-1033  
• New Directions Behavioral Health Customer Service: 1-800-500-8335

Change in Demographics
• Please provide 45 days’ notice of any planned demographic changes.  
• To submit changes, please complete the Provider Update Form.  
• For facility demographic updates, please email ProviderRelations@ndbh.com.

Medical Records
• Medical records are to be provided upon request without charge.

Telehealth
• Reimbursement for telehealth services is subject to plan guidelines.
# HCA
(The Claims information below is effective beginning 05/15/17.)

<table>
<thead>
<tr>
<th>Outpatient Authorizations</th>
<th>New Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Use Provider WebPass or fax to 866-645-0653</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Precertification</th>
<th>New Directions</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Use Provider WebPass or the phone number on the member's card.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits, Eligibility and Claim Inquiries</th>
<th>New Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Use Provider WebPass or the phone number on the member's card. Eligibility: contact BConnected at 800-566-4114. Claims and Benefits: contact 800-528-5763.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Provider Relations</th>
<th>New Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>888-611-6285 or email <a href="mailto:providerrelationsteam@ndbh.com">providerrelationsteam@ndbh.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deaf or hearing impaired</th>
<th>Kansas Relay Phone</th>
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<tbody>
<tr>
<td></td>
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<thead>
<tr>
<th>Deaf or hearing impaired</th>
<th>Missouri Relay Phone</th>
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<tr>
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<tr>
<th>Provider Appeals</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mail New Directions, P.O. Box 6729, Leawood, KS 66206 or call 800-528-5763.</td>
</tr>
</tbody>
</table>

## Primary Requirements
- Providers/Facilities must use an NPI number in billing.

## Authorizations
- Authorization is required for all outpatient services after the thirtieth (30th) visit.
- Precertification is required for all inpatient, residential, partial hospitalization and intensive outpatient services.
- Psychological testing requires prior authorization after three (3) hours of testing. Prior authorization is required for neuropsychological testing after eight (8) hours of testing.
For authorizations related to testing, please refer to instructions on the psychological testing request form located under the provider section of www.ndbh.com.

Timely Filing
- Timely filing of claims is 180 days.

Benefits
- If you have any questions about Member benefits, please use Provider WebPass or call New Directions Customer Service.

Claims
- To check the status of a claim, please call New Directions Customer Service. Electronic Claim: Use payer ID – NDX99
- Paper Claim: Paper claims should be mailed to:
  
  PHP/New Directions  
  P.O. Box 7308  
  Shawnee Mission, KS 66207

- HCA Customer Service: 1-800-566-4114  
- New Directions Behavioral Health Customer Service:

Change in Demographics
- Please provide 45 days’ notice of any planned demographic changes.  
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