

Behavioral Health Precertification List

Services Requiring Precertification*/ Authorization



To obtain precertification/authorization for mental health, substance abuse or behavioral health services, refer to the member's ID card for the toll-free Member Services or Aetna Behavioral Health phone number.

Applies to: Aetna Choice® POS, Aetna Choice POS II, Aetna Golden Choice™, Aetna Golden Medicare Plan®, Aetna HealthFund®, Aetna Health Network Option™, Aetna Open Access® Elect Choice, Aetna Open Access HMO, Aetna Open Access Managed Choice, Elect Choice® HMO, Managed Choice®, Quality Point-of-Service®(QPOS®) and USAccess® benefits plans and all products associated with the Aexcel™ network.**

Behavioral health services requiring precertification/ authorization

This applies only to services covered under the member's benefits plan.

- Inpatient admissions
- Residential Treatment Center (RTC) admissions
- Partial Hospitalization Programs (PHPs)
- Intensive Outpatient Programs (IOPs)
- Psychological testing
- Neuropsychological testing
- Outpatient Electroconvulsive Therapy (ECT)
- Biofeedback
- Amytal interview
- Hypnosis
- Psychiatric home care services
- Outpatient detoxification

Exceptions to this policy

This policy applies to all Aetna plans with the exception of:

- Behavioral health benefits plans that we administer, but do not manage
- Self-funded plans with plan sponsors who have expressly purchased precertification requirements

There are a small number of plan sponsors whose plans require preauthorization for all outpatient services. Please ask your patients if they are covered under a plan with this requirement.

*The term precertification means the utilization review process to determine whether the requested service or procedure meets the company's clinical criteria for coverage. It does not mean precertification as defined by Texas law, as a reliable representation of payment of care or services to fully insured HMO and PPO members.

**Not all plans are offered in all service areas. Aetna HealthFund PPO, Aetna HealthFund Managed Choice, Aexcel, Choice POS, Choice POS II, Golden Medicare Plan, Open Access Managed Choice, QPOS, and USAccess benefits plans may include the option for members to elect to go outside the network and receive reduced benefits.

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