



TRICARE Behavioral Health Care Services



Refer to your *TRICARE Provider Handbook* for more information on completing medical records documentation. Beneficiaries (*except active duty service members*) may self-refer to a behavioral health provider for the first eight sessions of routine care annually (*October 1–September 30*) without prior authorization. Certain specialty outpatient services require prior authorization. Forms can be found at www.triwest.com.

Outpatient Behavioral Health Covered Services

Service	Coverage Details	Authorization	Frequency Limitations	Associated Forms
Psychiatric Diagnostic Interview Examination (90801)	<ul style="list-style-type: none"> Initial evaluation not included as one of the 8 self-referred, routine behavioral health sessions 	<ul style="list-style-type: none"> Not required 	<ul style="list-style-type: none"> One per provider, per beneficiary, per year 	<ul style="list-style-type: none"> Preauthorization for Outpatient Treatment Request Form (<i>for more than one session</i>)
Outpatient Psychotherapy	Covered sessions: <ul style="list-style-type: none"> Individual psychotherapy Group/conjoint (<i>up to 90 minutes</i>) Collateral visits Family therapy (<i>up to 90 minutes</i>) Psychoanalysis 	<ul style="list-style-type: none"> Required after first 8 self-referred visits Referral required when seeing licensed professional counselor (LPC), licensed mental health counselor (LMHC), and pastoral counselor 	<ul style="list-style-type: none"> No more than 2 sessions per week (<i>Sunday–Saturday</i>) Multiple sessions of the same type cannot be billed on the same day 	<ul style="list-style-type: none"> Outpatient Treatment Request Form
Psychological and Neuropsychological Testing	<ul style="list-style-type: none"> Medical necessity must be established in writing Performed in conjunction with otherwise-covered psychotherapy 	<ul style="list-style-type: none"> Always required prior to testing, regardless of the setting 	<ul style="list-style-type: none"> Generally limited to 6 hours in a fiscal year (FY) 	<ul style="list-style-type: none"> Preauthorization for Psychological Testing Form
Medication Management (90862) <i>(rendered by a TRICARE-certified provider)</i>	<ul style="list-style-type: none"> Covered when provided as independent procedure 	<ul style="list-style-type: none"> Not required for up to 2 visits per month (<i>do not count as therapy sessions</i>) Required in conjunction with therapy 	<ul style="list-style-type: none"> Limited to 2 visits per month 	<ul style="list-style-type: none"> Preauthorization for Outpatient Treatment Request Form (<i>for more than 2 visits per month or when provided in conjunction with therapy</i>)
Electroconvulsive Therapy (ECT)	<ul style="list-style-type: none"> Only covered when medically necessary 	<ul style="list-style-type: none"> Required for all ECT components prior to delivery of service 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Preauthorization for Electroconvulsive Therapy (ECT) Form

Inpatient Behavioral Health Covered Services

Service	Coverage Details	Authorization	Frequency Limitations	Associated Forms
Acute Inpatient Care <i>(stay limits may be waived per medical necessity)</i>	<ul style="list-style-type: none"> Stabilizes a life-threatening or severely disabling behavioral health condition Psychiatric emergency admissions required when, based on a psychiatric evaluation, the beneficiary is at immediate risk of serious harm to self or others and requires immediate continuous skilled observation 	<ul style="list-style-type: none"> An authorization is required for all behavioral health admissions without exception. TriWest must be notified within 24 hours of admission or the next business day, with a maximum time of 72 hours. 	<ul style="list-style-type: none"> Up to 30 days for patients 19 and older per FY or in any single admission based on ongoing medical necessity reviews Up to 45 days for patients 18 and younger per FY or in any single admission Inpatient admissions for substance use disorder detoxification and rehabilitation count toward 30- or 45-day limit 	<ul style="list-style-type: none"> Inpatient Emergency Admission Form
Residential Treatment Centers (RTC) <i>(must be a TRICARE facility certified by Maximus)</i>	<ul style="list-style-type: none"> Covered for children and adolescents (<i>up to age 21</i>) who require behavioral health care due to a serious behavioral health disorder Most RTCs will not accept patients over age 17 	<ul style="list-style-type: none"> Always required prior to admission 	<ul style="list-style-type: none"> Up to 150 days per FY for a single admission based on ongoing medical necessity reviews 	<ul style="list-style-type: none"> Residential Treatment Center (RTC) Application Form
Psychiatric Partial Hospitalization Programs (PHP) <i>(must be a TRICARE facility certified by Maximus)</i>	<ul style="list-style-type: none"> Crisis stabilization or treatment of partially stabilized behavioral health disorders Serve as a transition from an inpatient program when medically necessary 	<ul style="list-style-type: none"> Always required prior to admission 	<ul style="list-style-type: none"> Up to 60 treatment days (<i>full- or half-day program</i>) per FY or in a single admission based on ongoing medical reviews 	<ul style="list-style-type: none"> Preauthorization for Partial Hospitalization Form

The information in this chart may contain updates that were not printed in the *TRICARE Provider Handbook*.



TRICARE Behavioral Health Care Services

Substance Use Disorder Covered Services

Service	Coverage Details	Authorization	Frequency Limitations	Associated Forms
Inpatient Detoxification	<ul style="list-style-type: none"> Covered when there is an immediate or potential safety risk due to withdrawal symptoms, medical complications, or co-occurring mental health diagnosis 	<ul style="list-style-type: none"> An authorization is required for all behavioral health admissions without exception. TriWest must be notified within 24 hours of admission or the next business day, with a maximum time of 72 hours. 	<ul style="list-style-type: none"> Up to 7 days of detoxification Count toward 30- or 45-day limit on inpatient behavioral health services 	<ul style="list-style-type: none"> Inpatient Emergency Admission Form
Inpatient Rehabilitation	<ul style="list-style-type: none"> Follows the detoxification period Must be a TRICARE-certified facility 	<ul style="list-style-type: none"> Always required prior to admission 	<ul style="list-style-type: none"> Up to 21 days of rehabilitation per year Limited to 3 inpatient admissions per lifetime Count toward 30- or 45-day limit on inpatient behavioral health services 	<ul style="list-style-type: none"> Preauthorization for Inpatient Substance Abuse Rehabilitation Form
Outpatient Care	<ul style="list-style-type: none"> Group setting only; individual outpatient care not a covered benefit Must be a TRICARE-certified facility 	<ul style="list-style-type: none"> Always required 	<ul style="list-style-type: none"> Up to 60 group therapy visits over a benefit year Up to 15 family therapy visits per year 	<ul style="list-style-type: none"> Preauthorization for Outpatient Treatment Form
Partial Hospitalization Programs (PHP)	<ul style="list-style-type: none"> PHP may be used alone or as a step-down from inpatient rehabilitation Must be a TRICARE-certified substance use disorder rehabilitation facility (SUDRF) 	<ul style="list-style-type: none"> Always required 	<ul style="list-style-type: none"> PHP rehabilitation days count toward the 21-day rehabilitation limit (<i>may be combination of inpatient rehabilitation days and PHP</i>) 	<ul style="list-style-type: none"> Preauthorization for Partial Hospitalization Form

Non-covered Behavioral Health Services

<ul style="list-style-type: none"> Aversion therapy (<i>including electric shock and the use of chemicals for alcoholism, except for disulfiram, which is covered for the treatment of alcoholism</i>) Behavioral health services and supplies related solely to obesity and/or weight reduction Bioenergetic therapy Biofeedback for psychosomatic conditions Carbon dioxide therapy Counseling services (<i>e.g., nutritional counseling, stress management, marriage counseling, or lifestyle modifications</i>) Custodial nursing care Diagnostic admissions 	<ul style="list-style-type: none"> Educational programs Environmental ecological treatments Experimental procedures Eye movement desensitization and reprocessing Filial therapy Guided imagery Hemodialysis for schizophrenia Marathon therapy Megavitamin or orthomolecular therapy Narcotherapy with LSD Primal therapy Psychosurgery (<i>Surgery for relief of movement disorders, electroshock treatments, and surgery to interrupt transmission of pain along sensory pathways are not considered psychosurgery.</i>) Rolfing 	<ul style="list-style-type: none"> Sedative action electrostimulation therapy Services and supplies that are not medically or psychologically necessary for the diagnosis and treatment of a covered condition Sexual dysfunction therapy Smoking cessation programs (<i>covered only for TRICARE Prime Remote active duty service members who meet specific criteria</i>) Telephone counseling (<i>except for geographic distant family therapy related to RTC treatment</i>) Therapy for developmental disorders (<i>e.g., dyslexia, mathematics, language, articulation</i>) Training analysis Transcendental meditation V codes Z therapy
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Who to Contact

Questions and Eligibility Verification—Customer Service	<ul style="list-style-type: none"> TriWest customer service representatives are available to answer non-clinical questions, verify beneficiary eligibility, address concerns, or accept requests for additional information. Call 1-888-TRIWEST (1-888-874-9378), Monday–Friday between 8 a.m. and 5 p.m. (<i>all time zones</i>).
Prior Authorizations	<ul style="list-style-type: none"> To obtain authorization for inpatient or outpatient services, forms can be found on www.triwest.com. Fax completed forms to 1-866-269-5892. Emergency inpatient admissions may also be called in to 1-888-TRIWEST (1-888-874-9378).
Mental Health Crisis Line	<ul style="list-style-type: none"> TriWest’s Crisis Line is available through the 1-888-TRIWEST (1-888-874-9378) toll-free number, 24 hours a day, seven days a week to offer assistance with psychiatric emergency cases.