

FEDERAL EMPLOYEE INSURANCE PLANS

Starting in January 2017, BHT services will be a covered benefit for your child with a diagnosis of autism.

What you need to do next:

- Contact your health plan's member services department (contact information is located on the back of your health plan card) and request BHT services for your child. Your child can be a minor or over the age of 18.
- Follow the steps your Federal insurance member services department gives you.
- If your plan tells you BHT services are not a covered benefit ask for this information in writing and send it to your SDRC service coordinator.



SELF FUNDED INSURANCE PLANS

If your private insurance plan is a self-funded plan it may or may not cover BHT services.

What you need to do next:

- Contact your health plan's member services department or your employer's Human Resources Department to determine if your plan is self-funded and if BHT is a covered benefit.
- If your self-funded plan **does** cover BHT services, contact your insurance member services department for a referral for BHT services and follow the steps they give you.
- If your self-funded plan does **not** cover BHT services, request a letter of coverage from your health plan or HR department, and contact your SDRC service coordinator to talk about BHT services, which may be funded by SDRC.



SAN DIEGO REGIONAL CENTER OFFICE LOCATIONS

Main Headquarters

4355 Ruffin Road, Suite 200
San Diego, CA 92123
858-576-2996
www.sdrc.org

East San Diego County

8760 Cuyamaca Street, Suite 100
Santee, CA 92071
619-596-1000

South San Diego County

2727 Hoover Avenue, Suite 100
National City, CA 91950
619-336-6600

North San Diego County

5931 Priestly Drive, Suite 100
Carlsbad, CA 92008
760-736-1200

Imperial County

512 West Aten Road
Imperial, CA 92251
760-355-8383



SAN DIEGO
REGIONAL CENTER

Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

Autism Services



Serving Individuals
with Developmental Disabilities
in San Diego and Imperial Counties

Changes in the way you receive behavioral services

We want to let you know about resources available to you and your child with a diagnosis of autism.

MEDI-CAL MANAGED CARE

If you have Medi-Cal Managed Care, Behavioral Health Treatment (BHT) services are a covered benefit under your Managed Care Plan for children under the age of 21 with a diagnosis of autism. BHT services include interventions such as applied behavior analysis (ABA), other behavioral interventions and parent training.

If your child is under the age of 3 and you are concerned about the possibility of autism, assessment by your Medi-Cal Managed Care Plan is available.

What you need to do next:

- Contact your Medi-Cal Managed Care Plan and ask about behavioral health treatment services.
- In some cases you may need to contact your child's pediatrician for a referral to your managed care plan, but each plan has staff available to answer your questions and provide assistance.
- The San Diego County and Imperial County Medi-Cal Managed Care Plans' contact numbers are listed below:

San Diego County

Care 1st Partner Plan
800-605-2556

Community Health Group Partnership Plan
800-404-3332

Health Net Community Solutions
888-935-5966

Kaiser Permanente
800-464-4000

Molina Healthcare of California Partner Plan
855-665-4621

Imperial County

California Health and Wellness
877-658-0305

Molina Healthcare of California Partner Plan
855-665-4621

If you have both private insurance and Medi-Cal Managed Care, contact your private insurance plan first.

PRIVATE INSURANCE

If your child has a diagnosis of autism and you have private insurance, either a Preferred Provider Organization (PPO) or Health Maintenance Organization (HMO), your insurance may cover Behavioral Health Treatment (BHT) services.

What you need to do next:

- Contact your health plan's member services department (contact information is located on the back of your health plan card) and request BHT services for your child. Your child can be a minor or over the age of 18.
- Follow the steps your private insurance member services department gives you.
- If your plans tells you BHT services are not a covered benefit ask for this information in writing and send it to your SDRC service coordinator.
 - ◇ If your private insurance is a Preferred Provider Organization (PPO) and you have questions or concerns, contact the California Department of Insurance at 800-927-4357.
 - ◇ If your private insurance is a Health Maintenance Organization (HMO) and you have questions or concerns, contact the California Department of Managed Health Care at 888-466-2219.

If you have private insurance SDRC may be able to assist with funding your copayments/coinsurance or deductible if you meet certain requirements.

Your SDRC service coordinator is available to provide support and assistance.