

FEDERAL EMPLOYEE INSURANCE PLANS

As of January 2017, BHT services became a covered benefit for individuals 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 for individuals with a diagnosis of autism.

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



Behavioral Health Treatment



How you may receive Behavioral Health Treatment Services

We want to let you know about accessing behavioral health treatment (BHT) services if you have concerns about your child's behavioral challenges. BHT services may include, but are not limited to, Applied Behavior Analysis (ABA), other behavioral interventions or parent training. Medi-Cal covers BHT services for children under age 21 with or without a diagnosis of autism. Most private insurances cover BHT services for children and adults with a diagnosis of autism. Contact your SDRC service coordinator if you have questions or need assistance.

MEDI-CAL

Fee for Service:

- Covers BHT services for children under the age of 21 with behavioral challenges. A diagnosis of autism is not required.

Managed Care:

- Covers BHT services for children under the age of 21 with behavioral challenges. A diagnosis of autism is not required.

What you need to do next:

Medi-Cal Fee for Service:

- Contact your SDRC service coordinator to discuss services and funding.
- SDRC will assess BHT needs with you and the planning team. Funding for BHT services will continue to be provided by SDRC.

Medi-Cal Managed Care:

- Contact your Medi-Cal Managed Care Plan and ask about behavioral health treatment services.
- Depending on your managed care plan, you may need to contact your child's pediatrician or your managed care plan directly regarding a BHT referral and services. Each managed care 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

Aetna Better Health
855-772-9076
Blue Shield CA Promise Health Plan
855-699-5557
Community Health Group Partnership Plan
800-224-7766
Health Net Community Solutions
800-675-6110
Kaiser Permanente
800-464-4000
Molina Healthcare of California Partner Plan
888-665-4621
United Health Care
866-270-5785

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 with a Preferred Provider Organization (PPO) or a 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 plan 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 the funding of your copayments/coinsurance or deductible if you meet certain requirements. Contact your service coordinator for more information.