



## Use Modifier 33 for Perinatal Counseling Session Claims

### Correctly bill for counseling sessions that help prevent perinatal depression

Effective February 12, 2019, Health Net's\* Medi-Cal members have up to 20 counseling sessions during prenatal and during the 12 months following childbirth. Use modifier 33 with the correct CPT code and specific session type to submit claims.

- CPT codes 90832 or 90837 for individual counseling.
- CPT code 90853 for group counseling.

#### Risk factors that may apply for these counseling sessions

These counseling sessions are consistent with the U. S. Preventive Services Task Force factors for pregnant or postpartum women with certain depressive or mental health related risk factors. Risk factors may include:

- Adolescent or single parenthood.
- Complicated pregnancy with associated stress.
- Current depressive symptoms.
- Elevated anxiety symptoms.
- Low income.
- Perinatal depression.
- History of depression.
- History of significant negative life events.
- Recent intimate partner violence.

#### Additional information

For providers who have a need to refer their members for behavioral health care, MHN customer services representatives can answer questions about MHN, its network of practitioners, the referral process, member eligibility and benefits. Contact MHN at the telephone number on the member's identification (ID) card.

If you have questions regarding the information contained in this update, contact the Health Net Provider Services Center by email at [provider\\_services@healthnet.com](mailto:provider_services@healthnet.com) within 60 days, by telephone or through the Health Net provider website as listed in the right-hand column.

#### THIS UPDATE APPLIES TO CALIFORNIA PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

#### LINES OF BUSINESS:

- HMO/POS/HSP
- PPO
- EPO
- Medicare Advantage (HMO)
- Medi-Cal
  - Kern
  - Los Angeles
    - Molina
  - Riverside
  - Sacramento
  - San Bernardino
  - San Diego
  - San Joaquin
  - Stanislaus
  - Tulare

#### PROVIDER SERVICES

[provider\\_services@healthnet.com](mailto:provider_services@healthnet.com)  
1-800-675-6110  
[provider.healthnet.com](http://provider.healthnet.com)

#### PROVIDER COMMUNICATIONS

[provider\\_communications@healthnet.com](mailto:provider_communications@healthnet.com)

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