

Use Modifier 33 for Perinatal Counseling Session Claims

Correctly bill for counseling sessions that help prevent perinatal depression

Effective February 12, 2019, 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 CalViva Health at 1-888-893-1569.

THIS UPDATE APPLIES TO
MEDI-CAL PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

PROVIDER SERVICES

1-888-893-1569
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