The Aetna Integrated Primary Care Behavioral Health Program supports a collaborative health care model that provides coordinated and effective services for individuals with mental health needs.

The program offers:

- A co-located behavioral health clinician in the primary care setting to address behavioral health as well as health/wellness issues
- Facilitated access to behavioral health services
- Facilitated access to disease management and case management programs for Aetna members

**Why integrate?**

A majority of patients treated in a primary care setting have a physical ailment that is affected by stress, difficulty maintaining a healthy lifestyle or a psychological disorder. Behavioral health disorders are also often underdiagnosed and need the support of a behavioral health clinician to achieve optimum treatment outcomes. Because of this, it can be clinically effective, as well as cost-effective, to integrate behavioral health clinicians within primary medical care.¹

How the program works

• Primary care physician refers patients, as clinically indicated, to the behavioral health clinician.
• Behavioral health clinician maintains a problem-solution focus and sees patients for up to three sessions\* within the primary care setting.
• Behavioral health clinician communicates on a regular basis with the primary care physician and provides written reports about interventions and patient progress.

Behavioral health clinician billing guidelines

Behavioral health clinicians (licensed psychologists, either master’s or PhD level; licensed social workers, master’s level minimum; or licensed professional counselors, master’s level minimum) delivering behavioral health services in primary care offices may submit claims to Aetna for the first three (3) patient sessions using the following codes:

• **Diagnosis code: V40.9** (Unspecified mental or behavioral problem)\**
• **Procedure code: 99242** — Office consultation for a new or established patient, which requires these three key components: an expanded problem-focused history, an expanded problem-focused examination and straightforward medical decision making. Counseling and/or coordination of care with other providers or agencies is provided, consistent with the nature of the problem(s) and the patient’s and/or family’s needs. Usually, the presenting problem(s) are of low severity. Behavioral health clinicians typically spend 30 minutes face-to-face with the patient and/or family.

Behavioral health clinicians will submit claims using their behavioral health office address and provider ID number/tax identification number. Aetna will reimburse the provider out of the behavioral health benefit in the manner set forth in their agreement.

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\*If additional behavioral health services are required beyond the three initial visits, the patient is referred to a network community provider or continues to see the integrated behavioral health clinician outside the primary care setting.

\**Effective October 1, 2015: Submit claims using the following codes: diagnosis code: F48.9 and procedure code: 99242.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. Aetna Behavioral Health refers to an internal business unit of Aetna.

This information is provided for informational purposes only and is not intended to direct treatment decisions or offer medical advice. Aetna does not provide health care services and cannot guarantee any results or outcomes. All patient care and related decisions are the sole responsibility of the treating provider.