



**Massachusetts-only requirement for
MGL Chapter 175, Sec. 47FF and 47GG
MGL Chapter 176G, Sec. 4Z and 4AA
Bulletin 2015-15**

The following requirements of the above referenced Massachusetts laws apply to members covered under fully insured plans written in Massachusetts when seeking certain behavioral health and substance use disorder treatment.

1. Precertification: Sometimes we will pay for care only if we have given an approval before a member receives care. We call that “precertification” or “preauthorization.” The Aetna PCP or network provider is responsible to get this approval for covered in-network services.

To get started, call the precertification number on the member’s Aetna ID card. You can find our [precertification requirements](#), our [concurrent review policies and procedures](#), and [this notice](#) on our website.

2. Aetna does not require precertification/authorization for routine behavioral health therapy or routine behavioral health outpatient medical visits (e.g., psychopharmacology visits).

3. You can find Aetna’s [precertification list](#) on our website. Or you can call Member Services to find the behavioral health outpatient services that require authorizations.

4. Providers (facilities or individual providers) certified or licensed by the Massachusetts Department of Public Health (DPH) are not required to request preauthorization or precertification for substance abuse treatment. But the DPH expects providers to notify carriers of the initial treatment plan within 48 hours of an admission or the start of services. Providers should notify us in the same way they do for services that require precertification.

5. We’ll cover medically necessary (as determined by the treating clinician) inpatient acute treatment services* and clinical stabilization services** for substance abuse for up to a total of 14 days. Any days beyond that are subject to utilization review.

*Acute treatment services: 24-hour medically supervised addiction treatment for adults or adolescents. This care is provided in a medically managed or medically monitored inpatient facility, as defined by the department of public health. These services provide evaluation and withdrawal management, and may include biopsychosocial assessment, individual and group counseling, psychoeducational groups and discharge planning.

**Clinical stabilization services: 24-hour clinically managed post detoxification treatment for adults or adolescents, as defined by the department of public health. These services usually follow acute treatment services for substance abuse. This may include intensive education and counseling regarding the nature of addiction and its consequences, relapse prevention, outreach to families and significant others and aftercare planning, for individuals beginning to engage in recovery from addiction.

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