

## Maternal Mental Health Screening

Aetna recognizes the importance of maternal mental health and requires all licensed health care practitioners who provide prenatal or postpartum care for a patient to screen or offer to screen mothers for maternal mental health conditions. This includes at least one maternal mental health screening to be conducted during pregnancy, at least one additional screening during the first six weeks of the postpartum period, and any additional postpartum screenings, if determined to be medically necessary. Mental health concerns which include not only depression but conditions like anxiety disorders, and postpartum psychosis, are often missed or mistaken as “normal” within pregnancy and post-partum periods. Careful screening can identify those with mental health conditions, and improve the outcome for at least two patients, if not the whole family.

**These screening services are reimbursable.** Submit your claim with the following billing combination: CPT codes 96127 or G0444 (brief emotional/behavioral assessment) in conjunction with diagnosis code Z13.31 (screening for depression).

Practitioners serving Aetna members can use the following screening tools:

- Patient Health Questionnaire-9 (PHQ-9) is appropriate for **prenatal screening**
- This is available at no cost (Public Domain) at:
- [https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=2ahUKEwi8oKOR-cvKAhXG1VkKHLYvBqoQFjABegQIABAC&url=https%3A%2F%2Fwww.uspreventiveservicestaskforce.org%2FHome%2FGetFileByID%2F218&usg=AOvVaw2yZ9TqORR-INR\\_A1Fdw8-M](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=2ahUKEwi8oKOR-cvKAhXG1VkKHLYvBqoQFjABegQIABAC&url=https%3A%2F%2Fwww.uspreventiveservicestaskforce.org%2FHome%2FGetFileByID%2F218&usg=AOvVaw2yZ9TqORR-INR_A1Fdw8-M)
- Edinburgh Postnatal Depression Scale, for **postnatal screening**
- This is available at no cost (Public Domain) at: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/practicing-safety/Documents/Postnatal%20Depression%20Scale.pdf>

Scoring references are included for each, and recommendations are made below, but the final determination for referral to treatment resources belongs to the screening/treating professional.

**For prenatal screening with the PHQ-9**, any score under 4 requires no immediate action. For a score of 5 to 14 it is recommended to refer the member to a Behavioral Health counselor via the customer service number on their card (and asking for BH customer service). And for a score of 15 or over, refer directly to BH Condition Management Services by calling 1-800-424-4660.

**For postnatal screening with the Edinburgh Scale**, any score from 7 to 13 warrants a referral to BH Customer Services. BH Customer Services can make referrals to BH providers. Any score of 14 or above suggests a referral directly to BH Condition Management Services by calling 1-800-424-4660.

**Note:** Scores 1 or higher on question #10 (self-harm) – should be referred to BH Condition Management Services immediately for follow up.