

TRICARE Behavioral Health Care Services



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This flyer is **not** intended to be all-inclusive. For additional information, please contact your regional contractor, local military treatment facility, or TRICARE Area Office.

TRICARE behavioral health care services are available for you and your family during times of stress, depression, grief, and anxiety. This flyer provides information to help you access the care you need. Visit www.tricare.mil/mybenefit or contact your regional contractor for more information.

Covered Services

TRICARE covers medically and psychologically necessary behavioral health care services, as listed below, for diagnosed behavioral health conditions.

Outpatient services and limitations include:

- Psychotherapy (two sessions per week, in any combination of the following types)
 - Individual adult or child: 60 minutes per session, 120 minutes for crisis intervention
 - Family or conjoint: 90 minutes per session, 180 minutes for crisis intervention
 - Group: 90 minutes per session
 - Collateral visits
 - Psychoanalysis
- Psychological testing (six hours per fiscal year [FY];* additional testing requires medical necessity review)
- Medication management

* The FY is October 1–September 30.

Inpatient services and limitations include:

- Acute inpatient psychiatric care: 45 days[†] for patients age 18 or younger, 30 days[†] for patients age 19 and older

- Psychiatric partial hospitalization program (PHP): 60 treatment days,[†] whether full- or half-day program
- Residential treatment center (RTC) care: 150 days[†] (only for patients under 21 years of age in a TRICARE-authorized RTC)

[†] Limitations apply per FY or in any single admission.

Substance use disorder services and limitations (up to three benefit periods per beneficiary, per lifetime)[‡] include:

- Inpatient detoxification: (up to seven days per episode)
- Inpatient rehabilitation: (up to 21 days per benefit period)[‡]
- Outpatient care (only covered at a TRICARE-authorized substance use disorder rehabilitation facility):
 - Individual or group therapy: (up to 60 visits per benefit period)[‡]
 - Family therapy: (up to 15 visits per benefit period)[‡]
 - PHP: (up to 21 treatment days per FY)

[‡] A benefit period begins the first day of covered treatment and ends 365 days later. Stay limits may be waived per medical necessity.

The Web-based TRICARE Assistance Program (TRIAP) is available to eligible U.S. beneficiaries and provides online access to counseling for short-term, non-medical issues. If eligible, you can access TRIAP an unlimited number of times, and services are confidential and non-reportable (not documented on your military record). Visit your regional contractor's Web site for more information, including eligibility and technology requirements.

The Telemental Health program is available to all U.S. TRICARE beneficiaries. At Telemental Health-participating TRICARE facilities, beneficiaries can use secure audio-visual conferencing to connect with offsite TRICARE network providers. Charges, limitations, and referral and



authorization requirements apply. Visit the *Mental Health and Behavior* Web page at www.tricare.mil, or contact your regional contractor for additional information.

Providers

TRICARE may authorize the following types of behavioral health care providers:

- Psychiatrists and other physicians
- Clinical psychologists
- Certified psychiatric nurse specialists
- Licensed or certified clinical social workers
- Certified marriage and family therapists (*requires TRICARE participation agreement*)
- Licensed or certified mental health and pastoral counselors (*requires physical referral and supervision*)

Contact your primary care manager (PCM), primary care provider, or regional contractor for help finding a provider. Active duty service members (ADSMs) and active duty family members (ADFM)s enrolled in a TRICARE Prime option may also call the Behavioral Health Care Provider Locator and Appointment Assistance Line. (*ADSMs must have a referral or authorization before calling.*)

Getting Care

In an emergency, call 911 or go to the nearest emergency room. Referrals and prior authorization are not required.

For nonemergency care, your PCM or primary care provider can provide an initial assessment and possibly treatment, and can refer you to an appropriate behavioral health care provider, if necessary.

ADSMs should always seek nonemergency behavioral health care at a military treatment facility (MTF) first. ADSMs must always obtain an MTF PCM referral before receiving civilian care.

TRICARE Prime beneficiaries should seek care from a TRICARE network provider. Non-network care is covered under the point-of-service (POS) option for additional fees. TRICARE Standard beneficiaries may see any TRICARE-authorized provider but will minimize out-of-pocket costs by visiting a network provider (*under TRICARE Extra*).

TRICARE Prime and TRICARE Standard non-ADSMs do not need referrals or prior authorization for the first eight outpatient behavioral health care visits per FY. However, a physician referral and supervision is always required to see licensed or certified mental health and pastoral counselors. You must obtain prior authorization from your regional contractor for the ninth and subsequent visits.

Nonemergency inpatient admissions, PHPs, and other services always require prior authorization. Contact your regional contractor for prior authorization requirements.

Costs

ADSMs have no costs for behavioral health care. Non-ADSMs can minimize costs by seeking care at an MTF, when available, or from a TRICARE network provider. TRICARE Prime ADFMs may obtain nonemergency care from TRICARE-authorized, non-network providers without a referral, but POS fees will apply. **Note:** POS does not apply to the first eight outpatient behavioral health care visits to a network provider, emergency care, or if you have other health insurance.

For more information and specific cost details, visit www.tricare.mil/costs.

For Information and Assistance

<p>TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) Behavioral Health Care Provider Locator and Appointment Assistance Line: 1-877-747-9579 (8 a.m.–6 p.m. Eastern Time)* www.healthnetfederalservices.com</p>	<p>TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 Behavioral Health Care Provider Locator and Appointment Assistance Line: 1-877-298-3514 (8 a.m.–7 p.m. Eastern Time)* TRICARE South Behavioral Health: 1-800-700-8646 www.humana-military.com</p>	<p>TRICARE West Region TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) Behavioral Health Care Provider Locator and Appointment Assistance Line: 1-866-651-4970 (8 a.m.–6 p.m. in all West region time zones)* TriWest Behavioral Health Crisis Line: 1-866-284-3743 www.triwest.com</p>
<p>Defense Enrollment Eligibility Reporting System (DEERS) Phone: 1-800-538-9552 Fax: 1-831-655-8317 www.tricare.mil/deers</p>	<p>Military Health System Web Site www.health.mil TRICARE Web Site www.tricare.mil</p>	<p>Defense Centers of Excellence (DCoE) for Psychological Health & Traumatic Brain Injury 1-866-966-1020 www.dcoe.health.mil</p>

* This service is available only to ADSMs and ADFMs enrolled in a TRICARE Prime option. ADSMs **must** have a referral or authorization before calling these lines.

An Important Note about TRICARE Program Information

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulation. Changes to TRICARE programs are continually made as public law and/or federal regulation are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Please provide feedback on this flyer at www.tricare.mil/evaluations/feedback.