

HEDIS spotlight: CBT, DMS-E, and COVID-19 vaccine information

Cognitive behavioral therapy (CBT)

As providers and managed care organizations (MCOs), we are in a position to keep our fingers on the pulse of consumers by monitoring their physical and emotional status. The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers for people already suffering from mental illness. We want to emphasize the effectiveness of CBT as an intervention to improve the mental health of our consumers.

Why is this necessary?

CBT is a covered service, and there are many behavioral health providers in the Amerigroup Washington, Inc. network who are certified to deliver CBT. Amerigroup encourages and supports you in making patient referrals to CBT if you determine that your patients may benefit from this effective treatment.

The American Medical Association (AMA) created two new CPT[®] billing codes for cognitive intervention, 97129 and 97130, effective for billing CBT services provided on and after January 1, 2020.

What is CBT?

- CBT is a form of talk therapy a consumer receives with the help of a licensed therapist. CBT focuses on changing thoughts and behavior patterns.
- The National Alliance on Mental Illness describes CBT:
 - “CBT focuses on exploring relationships among a person's thoughts, feelings, and behaviors. During CBT, a therapist will actively work with a person to uncover unhealthy patterns of thought and how they may be causing self-destructive behaviors and beliefs. By addressing these patterns, the person and therapist can work together to develop constructive ways of thinking that will produce healthier behaviors and beliefs.”
- CBT is one of the most evidence-based psychological interventions for the treatment of several psychiatric disorders such as depression, anxiety disorders, somatoform disorder, and substance use disorder.
- CBT is based on the following core principles:
 - Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
 - Psychological problems are based, in part, on learned patterns of unhelpful behavior.
 - People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

Benefits of CBT:

- It allows the patient to engage in healthier thinking patterns by becoming aware of the negative and often unrealistic thoughts that dampen your feelings and moods.
- It has been found effective for a wide variety of maladaptive behaviors.
- It is often more affordable than some other types of therapy.
- It has been found to be effective both online as well as face-to-face.
- It can be used for those who do not require psychotropic medication.

How does CBT work?

CBT is a shorter-term approach that usually takes as little as six sessions or up to 20 sessions, with each session lasting 30 to 60 minutes. CBT can be carried out with a therapist in one-to-one sessions, virtually, or in groups. Throughout each session, the therapist helps the patient to identify situations in their life that may be contributing to or causing depression. CBT aims to transform distorted ways of thinking and behaving that stand in the way of positive outcomes.

What if I need assistance?

If you have questions about this communication or need assistance with any other item, visit the *Contact Us* section at the bottom of our provider website (<https://provider.amerigroup.com/WA>) for up-to-date contact information and self-service tools.

Utilization of the PHQ-9 to Monitor Depression Symptoms for Adolescents and Adults (DMS-E)

HEDIS® description	
The percentage of consumers 12 years of age and older with a diagnosis of major depression or dysthymia, who had an outpatient encounter with a PHQ-9 score present in their record in the same assessment period as the encounter during the measurement year (January 1-December 31).	
Documentation tips	
Clinical recommendation statement	<p>Standardized instruments are useful in identifying meaningful change in clinical outcomes over time. Guidelines for adults recommend that providers establish and maintain regular follow-up with patients diagnosed with depression and use a standardized tool to track symptoms. Guidelines for adolescents recommend systematic and regular tracking of treatment goals and outcomes, including assessing depressing symptoms.</p> <p>The PHQ-9 tool assesses the nine DSM, Fourth Edition, Text Revision (DSM-IV-TR) criteria symptoms and effects on functioning, and as shown to be highly accurate in discriminating between patients with persistent major depression, partial remission, and full remission.</p>
Service	<ul style="list-style-type: none">• Outpatient visit• Telephone or telehealth visit• E-visit or virtual check-in• Online assessment

Exclusions	<ul style="list-style-type: none"> • Bipolar disorder • Personality disorder • Psychotic disorder • Pervasive development disorder • In hospice or using hospice services
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COVID-19 vaccination

The health of our consumers and communities has always been a top priority for Amerigroup. That priority has become increasingly important as we continue to face the challenges of COVID-19. Vaccination is the best-known way to protect yourself, your family, and our community. Consumers can now get their shot and earn \$100 to shop! Amerigroup consumers who get their COVID-19 shots and upload a picture of their vaccine card to the Benefit Reward Hub will receive \$100 in their Healthy Rewards account to shop for gift cards to retailers like Amazon, Home Depot, and Kohl's. The Center for Disease Control and Prevention's (CDC) updated booster dose recommendations are as follows:

- Children 6 months to 5 years who received the original monovalent Moderna COVID-19 vaccine are now eligible to receive an updated bivalent booster two months after completing the primary series.
- The Pfizer COVID-19 vaccine for children 6 months to 4 years will now include two monovalent Pfizer doses and one bivalent Pfizer dose:
 - Children 6 months to 4 years who have not yet begun the three-dose Pfizer primary series or who have not received the third dose of their primary series will now receive the updated Pfizer series.
 - Children 6 months to 4 years who have already completed the three-dose Pfizer primary series will not be eligible for additional doses or boosters at this time.
- Novavax monovalent COVID-19 boosters are also available for adults if they have completed primary series vaccination but have not previously received a COVID-19 booster and if they cannot or will not receive an updated mRNA booster.

CPT/HCPCS codes	Short description	Labeler
91300	SARSCOV2 VAC 30MCG/0.3ML IM	Pfizer
0001A	ADM SARSCOV2 30MCG/0.3ML 1st	Pfizer
0002A	ADM SARSCOV2 30MCG/0.3ML 2 nd	Pfizer
91301	SARSCOV2 VAC 100MCG/0.5ML IM	Moderna
0011A	ADM SARSCOV2 100MCG/0.5ML 1st	Moderna
0012A	ADM SARSCOV2 100MCG/0.5ML 2 nd	Moderna
91303	SARSCOV2 VAC AD26 .5ML IM	Janssen
0031A	ADM SARSCOV2 VAC AD26 .5ML	Janssen



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To start receiving email from us (including some sent in lieu of fax or mail), submit your information using the QR code to the right or via our online form (amerigroup.ly/Wamp).

