

Understanding the Diagnosis and Treatment of Depression

In an effort to identify ways that we may help to improve Member anti-depression medication compliance, a research study was designed and conducted by TideWatch Partners, LLC to examine the diagnosis and treatment of depression. The study gathered insights from providers, primary care physicians (PCP) and behavioral health specialists, specifically psychiatrists, about their experience treating patients who have been diagnosed with depression.

The objectives of this study were to:

- Gain an understanding of the depression diagnosing process, including diagnostic tools and methods, and treatment plan development
- Identify barriers to Member compliance with anti-depression medications
- Assess ways that Oxford might help Members overcome these barriers

Analysis of the survey showed that, among other issues, clarifying and educating providers about referrals specific to depression might help eliminate some of the perceived barriers. The following list is a summary of information that will assist you when referring Oxford Members for behavioral healthcare.

- All inpatient behavioral health services require precertification
- Outpatient behavioral health services require precertification or a PCP referral when provided to all Members, *excluding* Members of New Jersey small group and Individual plans
- Services provided to Members of New Jersey small group gated plans and New Jersey Individual gated plans require a referral only
- Services provided to Members of New Jersey small group non-gated plans and New Jersey Individual non-gated plans do not require a referral or precertification
- Members may obtain referrals for outpatient behavioral health services through their PCP or by calling Provider Services at 800-666-1353

Please note: Members who obtain a referral from the Behavioral Health Department do not need to go to their PCP.

- Medication management may be authorized once a month or 12 times in one year for Members who are stabilized on medication; however, if more sessions are required to stabilize a patient, providers may request additional sessions by calling the Behavioral Health Department at 800-201-6991
- A list of participating specialists (including psychiatrists, social workers and nurse practitioners) is available through the Doctor Search tool on www.oxfordhealth.com or by calling Provider Services at 800-666-1353

- The following is a partial list of CPT and ICD-9 codes that are appropriate to use when billing for behavioral health services, specifically depressive episodes

CPT Code Description

90801	Interview evaluation
90806	Psychotherapy
90807	Psychotherapy with medical evaluation and management
90862	Pharmacologic management

ICD-9 Code Description

296.2	Major depressive disorder, single episode
296.3	Major depressive disorder, recurrent episode
298.0	Depressive type psychosis
300.4	Neurotic depression
309.1	Prolonged depressive reaction
311	Depressive disorder, NOS