

# **UPREHS GUIDELINES FOR MEMBERS WITH BEHAVIORAL HEALTH, ALCOHOL AND CHEMICAL DEPENDANCY BENEFITS**

## **CONDITIONS OF UPREHS COVERAGE FOR BEHAVIORAL HEALTH**

UPREHS regulations state that Behavioral Health benefits are conditional upon approval of provider and treatment by the Behavioral Health Network. UPREHS has taken several steps to make it easier for members to abide by the regulations and prevent claims denials. A Behavioral Health Support/Preapproval Line at **(888)-484-3568** (toll-free) has been established. The Support Line is staffed with UPREHS Care Coordinators who are trained clinical professionals and who act on your behalf to coordinate your care with approved providers.

## **UPREHS BEHAVIORAL HEALTH NETWORK**

UPREHS has created a new Behavioral Health Network selected to meet specific needs of UPRR employees. If the UPREHS Support Line/Preapproval is not contacted prior to treatment, services may not be covered. Providers in the network have been verified for RR industry compliance, state licensure, and ethical treatment standards, etc.

## **REFERRALS**

Members may request treatment on their own initiative through the UPREHS Support/Preapproval Line without any other referral. UPREHS participating physicians and/or UPRR EAP representatives may also contact the UPREHS Support/Preapproval Line on your behalf. Regardless of who makes a referral for treatment, services are covered only through prior approval with the UPREHS Support/Preapproval Line.

## **ALCOHOL AND CHEMICAL DEPENDENCY BENEFITS**

This benefit includes detoxification, rehabilitation, outpatient treatment and alcohol and chemical dependency education according to the following:

### ***Detoxification***

- The UPREHS Behavioral Health Support/Preapproval line must preapprove treatment.
- Treatment must occur at a preapproved network facility.
- \$50.00 co-pay per treatment.
- UPREHS pays 80% of the contracted rate.
- Six days maximum of treatment per episode
- One treatment episode per calendar year.
- Two treatment episodes per life time.



### ***Residential Rehabilitation Treatment***

- The UPREHS Behavioral Health Support/Preapproval line must preapprove treatment.
- Treatment must occur at a preapproved network facility
- \$100.00 deductible.
- UPREHS pays 80% of the contracted rate.
- 30 days residential care including detoxification when necessary.
- One treatment episode per calendar year.
- Two treatment episodes per life time.

### ***Outpatient Rehabilitation Treatment***

- The UPREHS Behavioral Health Support/Preapproval line must preapprove treatment.
- Treatment must occur at a preapproved network facility
- \$100.00 deductible.
- UPREHS pays 80% of \$50.00 (40.00 maximum per day of treatment).
- One treatment episode per calendar year.
- Two treatment episodes per life time.
- Thirty days treatment per episode.

### ***Alcohol and Chemical Dependency Education***

- Applies to members who have violated Rule G and do not require rehabilitation.
- UPREHS pays \$100.00 maximum per education program.
- One education program per calendar year.
- Two education programs per life time

### **MENTAL HEALTH BENEFITS**

Benefits consist of 45 treatments per calendar year. A treatment is defined as mental health care for: a hospital day; an emergency room visit (excluding suicide attempts), or doctor/ therapist visit. Mental health benefits are subject to:

- The UPREHS Behavioral Health Support/Preapproval line must preapprove treatment.
- Treatment must occur at a preapproved network facility.
- \$100.00 deductible.
- UPREHS pays 80% of the contracted rate.

**UPREHS BEHAVIORAL HEALTH SUPPORT/PREAPPROVAL LINE: (888)-484-3568  
NO BENEFIT PAYMENTS ARE MADE FOR BEHAVIORAL HEALTH  
UNLESS YOU FIRST CONTACT THE UPREHS SUPPORT /PREAPPROVAL LINE.**

