



## MEDICAL COVERAGE POLICY

**SERVICE: Psychological Testing**

**Policy Number: 224**

**Effective Date: 07/01/2020**

**Last Review: 05/28/2020**

**Next Review Date: 05/28/2021**

### Important note:

Unless otherwise indicated, this policy will apply to all lines of business.

Even though this policy may indicate that a particular service or supply may be considered medically necessary and thus covered, this conclusion is not based upon the terms of your particular benefit plan. Each benefit plan contains its own specific provisions for coverage and exclusions. Not all benefits that are determined to be medically necessary will be covered benefits under the terms of your benefit plan. You need to consult the Evidence of Coverage (EOC) or Summary Plan Description (SPD) to determine if there are any exclusions or other benefit limitations applicable to this service or supply. If there is a discrepancy between this policy and your plan of benefits, the provisions of your benefits plan will govern. However, applicable state mandates will take precedence with respect to fully insured plans and self-funded non-ERISA (e.g., government, school boards, church) plans. Unless otherwise specifically excluded, Federal mandates will apply to all plans. With respect to Medicare-linked plan members, this policy will apply unless there are Medicare policies that provide differing coverage rules, in which case Medicare coverage rules supersede guidelines in this policy. Medicare-linked plan policies will only apply to benefits paid for under Medicare rules, and not to any other health benefit plan benefits. CMS's Coverage Issues Manual can be found on the CMS website. Similarly, for Medicaid-linked plans, the Texas Medicaid Provider Procedures Manual (TMPPM) supersedes coverage guidelines in this policy where applicable.

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**PRIOR AUTHORIZATION:** **Varies by line of business: for Medicaid lines, prior authorization may be required for this service (check TMPPM); for commercial lines prior authorization is required if > 6 hours is requested; for Medicare-linked plans prior authorization is NOT required.**

**POLICY:** Please review the plan's EOC (Evidence of Coverage) or Summary Plan Description (SPD) for coverage details.

**For Medicare plans,** please refer to appropriate Medicare LCD (Local Coverage Determination). If there is no applicable LCD, use the criteria set forth below.

**For Medicaid plans,** please confirm coverage as outlined in the Texas Medicaid TMPPM.

Coverage for psychological testing for the evaluation of a medical or behavioral health diagnosis is subject to the specific terms and limitations of the benefit plan. Services for, or in connection with, an injury or illness arising out of, or in the course of, any employment for wage or profit, or that are court-ordered without documentation of medical necessity, **are specifically excluded** under many benefit plans. Services that are considered primarily educational or training in nature or related to improving academic or work performance **are specifically excluded**.

Scott & White Health Plan may consider **psychological** testing as medically necessary when the following criteria are met:

- 1) The requested tests must be chosen to answer a specific question(s) that has been raised by the treating provider and are related directly to the medical, psychiatric, or psychological treatment of the patient, AND
- 2) The specific question(s) cannot be answered by means of diagnostic assessment and/or behavioral observations, AND
- 3) The testing results will impact the management of the member's healthcare.
- 4) The test is administered by and interpreted by a psychologist or psychiatrist.



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SWHP/FirstCare may consider **up to 6 (six) hours** (Medicaid has special rules – see below) of psychological testing medically necessary when the above criteria are met. Additional hours will require in-depth review: it will be necessary to **submit** a listing of **each test** to be administered, the **allotted time** for each test, the diagnostic **purpose** for each test, and a detailed medical/psychological rationale for the additional hours.

For **Medicaid** lines of business: Psychological testing (procedure codes 96130, 96131, 96136, and 96137), neurobehavioral testing (procedure codes 96116 and 96121), and neuropsychological testing (procedure codes 96132, 96133, 96136, and 96137) are limited to **four hours per client, per day and eight hours per client, per calendar year**. Additional hours require prior authorization when medically necessary.

Psychological testing is generally **NOT** considered medically necessary for pre-surgical clearance except in certain circumstances (See SWHP medical coverage policy 137 Psychologic Evaluation for Medical Procedures.)

Psychological testing is **NOT** considered medically necessary for uncomplicated cases of attention deficit disorder with/without hyperactivity (ADHD) for members in school (any level). SWHP considers ADHD evaluation for members in school as primarily for educational purposes and thus excluded by most plans.

Psychological testing beyond standardized parent interviews and direct, structured behavioral observation is generally **NOT** considered medically necessary for the diagnosis of autism spectrum disorders. (See SWHP medical coverage policy 206 Autism Spectrum Disorders)

Psychological testing is considered **NOT** medically necessary if the member is actively abusing substances, is having acute withdrawal symptoms, or has recently entered recovery, because test results may be invalid.

**Repeat** psychological testing within 12 months of an evaluation is **NOT** considered medically necessary unless the request is accompanied by clear documentation identifying the change that necessitates repeat testing.

IQ tests, achievement tests, educational tests are considered educational and are **NOT** covered benefits for most plans.

**OVERVIEW:**

Time required for tests (based on BUROS: "Tests In Print," University of Nebraska, 2016):

Acronym	Test	BURO Ref	Age	Time	Comment
ABAS-3	Adaptive Behavior Assess System 3 <sup>rd</sup> ed	48	all	30	
ADOS	Autism Diagnostic Observation Schedule		Child	60	<i>Time from publisher (WSPublish.com)</i>
ADOS-2	Autism Diagnostic Observation Schedule 2 <sup>nd</sup> ed		Child	60	<i>Time from publisher (WSPublish.com)</i>
BAI	Beck Anxiety Inventory		17-80	5-10	<i>Time from publisher</i>
BASC-PRS	Behavior Assessment System for Children Preschool	220	2-5	30	
BASC-TRS	Behavior Assessment System for Children Teen	220	6-18	30	
BDI	Beck Depression Inventory		13-18	5	<i>Time from publisher</i>
BHI-2	Battery for Health Improvement-2		18-65	30	<i>Time from publisher</i>
CDI	Child Development Inventory	392	1-6	50	



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CDI 2	Children's Depression Inventory	405	7-17	15	
CONNOR-KCPT-2	Kiddie version Conner's Continuous Performance Test	533	4-7	15	
CONNOR CPT-3	Conner's Continuous Performance Test 3 <sup>rd</sup> ed	531	8+	15	<i>Time from publisher</i>
CPT-3	Conner's Continuous Performance Test 3 <sup>rd</sup> ed	531	8+	15	<i>Time from publisher</i>
CSQ	Coping Strategies Questionnaire		18-older	5	
HTP	House-Tree-Person test	949	7-11	30	
MMPI	Minnesota Multiphasic Personality Inventory		18-older	60-90	<i>Time from publisher</i>
PAI	Personality Assessment Inventory		18-89	65-80	<i>Time from publisher</i>
PDDBI	PDD Behavior Inventory	1475		45	<i>Autism assessment</i>
RIAS	Reynolds Intellectual Assessment Scales	1737	3+	45	<i>IQ/memory (not covered)</i>
ROTTER	Rotter Incomplete Sentences Bland 2 <sup>nd</sup> ed	1753	Teen+	40	
TSCYC	Trauma Symptom Checklist for Young Children	2177	3-12	20	
VINELAND	Vineland Adaptive Behavior Scales	2203	all	65	<i>Assessment of adaptive behavior within classroom and other settings.</i>
WFAS	Wechsler Fundamentals: Academic Skills	2229	school	45	<i>Achievement test (not covered)</i>

Typical battery of tests requested:

Acronym	Test	Time	Comment
BASC-PRS	Behavior Assessment System for Children Preschool	30	
BASC-TRS	Behavior Assessment System for Children Teen	30	
CONNOR-3	Conner's 3 <sup>rd</sup> ed	15	
CONNOR-CPT	Conner's Continuous Performance Test	15	
RIAS	Reynolds Intellectual Assessment Scales	-	<i>IQ/memory (not covered)</i>
WFAS	Wechsler Fundamentals: Academic Skills	-	<i>Achievement test (not covered)</i>
PDDBI	PDD Behavior Inventory	45	
ADOS	Autism Diagnostic Observation Schedule	60	
ROTTER	Rotter Incomplete Sentences Bland 2 <sup>nd</sup> ed	40	

Total time: 235 minutes. Time authorized: 4 hours.

Psychological tests assess a range of mental abilities and attributes, including achievement and ability, as well as personality. They allow for an assessment of a patient's cognitive and behavioral functioning and an analysis of changes related to mental dysfunction.

Psychological tests provide a standardized means of sampling behavior, an objective method for evaluating responses, and a tool for comparing the functioning of an individual with peers. Standardized tests are administered under uniform conditions, scored objectively -- the procedures for scoring the test are specified in detail -- and designed to measure relative performance. Test results usually are interpreted with reference to a comparable group of people, or normative sample.

Psychological testing requires a clinically-trained examiner. All psychological tests should be administered, scored, and interpreted by a qualified professional, such as a licensed psychologist or psychiatrist, with expertise in the appropriate area.

Psychological tests are only one element of a psychological assessment. They should never be used as the sole basis for a diagnosis. A detailed clinical interview, including a complete history of the



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test subject and a review of psychological, medical, educational, and other relevant records is required to lay the groundwork for interpreting the results of any psychological measurement.

Psychological tests are used to address a variety of questions about people's functioning, diagnostic classification, co-morbidity, and choice of treatment approach. For example, personality tests and inventories evaluate the thoughts, emotions, attitudes, and behavioral traits that contribute to an individual's interpersonal functioning. The results of these tests determine an individual's personality strengths and weaknesses, and may identify certain disturbances in personality, or psychopathology. The subject's responses can provide insight into his or her thought processes and personality traits.

**MANDATES:** The state of Texas Medicaid program does not cover CPT codes 96138 and 96139, psychological testing administered by a technician, as well as the CPT code 96146 which is psychological testing administered by computer/electronic format.

### CODES:

**Important note:**

*CODES: Due to the wide range of applicable diagnosis codes and potential changes to codes, an inclusive list may not be presented, but the following codes may apply. Inclusion of a code in this section does not guarantee that it will be reimbursed, and patient must meet the criteria set forth in the policy language.*

CPT Codes:	<p>96130 Psychological testing evaluation services by physician or other qualified health care professional, including integration of patient data, interpretation of standardized test results and clinical data, clinical decision making, treatment planning and report, and interactive feedback to the patient, family member(s) or caregiver(s), when performed; first hour</p> <p>96131 ... each additional hour (List separately in addition to code for primary procedure)</p> <p>96116 Neurobehavioral status exam (clinical assessment of thinking, reasoning and judgment, eg, acquired knowledge, attention, language, memory, planning and problem solving, and visual spatial abilities)</p> <p>96136 Psychological or neuropsychological test administration and scoring by physician or other qualified health care professional, two or more tests, any method; first 30 minutes</p> <p>96137 ... each additional 30 minutes (List separately in addition to code for primary procedure)</p> <p>96138 Psychological or neuropsychological test administration and scoring by technician, two or more tests, any method; first 30 minutes</p> <p>96139 ... each additional 30 minutes (List separately in addition to code for primary procedure)</p> <p>96146 Psychological or neuropsychological test administration, with single automated, standardized instrument via electronic platform, with automated result only</p>
CPT Not Covered:	
ICD10 codes:	
ICD10 Not covered:	F70-F79 - intellectual difficulties



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	F80.1-F98.9 - developmental & emotional disorders, ASD R53.81-R83.83 - fatigue & malaise Z13.850 - encounter for screening for traumatic brain injury
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**CMS:** LCD L32766, "Psychiatric Codes."

### POLICY HISTORY:

Status	Date	Action
New	09/08/2016	New policy
Update	03/28/2017	Added requirement for testing to be done by psychologist or psychiatrist
Reviewed	02/06/2018	No changes
Reviewed	06/27/2019	Updated codes
Updated	05/28/2020	Reviewed and aligned for FirstCare and SWHP

### REFERENCES:

The following scientific references were utilized in the formulation of this medical policy. SWHP will continue to review clinical evidence surrounding neuropsychological testing and may modify this policy at a later date based upon the evolution of the published clinical evidence. Should additional scientific studies become available and they are not included in the list, please forward the reference(s) to SWHP so the information can be reviewed by the Medical Coverage Policy Committee (MCPC) and the Quality Improvement Committee (QIC) to determine if a modification of the policy is in order.

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