



Helpful Tips for Applied Behavioral Analysis (ABA) treatment

Obtaining coverage for Autism-related treatment for Cigna customers is dependent upon the benefits plan the particular patient has as well as state mandates where applicable. We would like to offer you some helpful tips to make your interaction with Cigna easier:

- To determine whether Autism-related treatment such as applied behavioral analysis (ABA) is covered, please call Cigna’s national scheduling line to request benefits or authorization. They can be reached 9:00am- 6:00pm EST Monday-Friday at 800.241.4057, Ext 796.2452.
- For patients whose Cigna benefit plan does provide coverage for ABA, we require health care professionals to submit an autism spectrum diagnosis to us prior to treatment.
- When services are rendered that are not covered by a patient’s benefits plan, Cigna has a self-pay agreement online through our Medical Management Program (CignaforHCP.com > Resources > Behavioral Medical Management Program).

Billing Tips:

- 0359T may be reported only once in a six- month to a one-year interval.
- Only count the time of one technician when two or more are present.
- Report 0360T-0367T as per CPT Time Rule Utilizing Face-to-Face Technician Time and applies to all timed codes.

Face to Face Technician Time	Billed code
Less than 16 min	Not reportable
16 – 45 min	0360T / 0362T / 0364T / 0366T
46 – 75 min	0360T and 0361T / 0362T and 0363T / 0364T and 0365T / 0366T and 0367T
Each additional increment up to 30 min	Additional 0361T / 0363T / 0365T / 0367T

- Each minute is only counted once whether 1 or more than one treating technician/Qualified Health Care Professional is present.
- Codes 0362T, 0363T, 0373T, and 0374T describe services provided to patients with one or more specific severe destructive behaviors (e.g., self-injurious behavior, aggression, property destruction), with direct supervision by a physician or other qualified health care professional which requires two or more technicians face-to- face with the patient for safe treatment.
- Report an untimed code, such as 0359T, 0370-0372T, with only one unit, irrespective of the duration of service, on a given day.

Additionally, although there is no specific CPT code for supervision, Cigna has decided to continue to allow use of G9012 for supervision of staff, development of treatment plan and case consultation at this time.

Since the codes are new, we recommend reviewing the definitions of each as defined by the American Medical Association (AMA) in the most recent CPT manual. As you submit new and renewing treatment plans for Cigna members for dates of service on or after July 1, 2015, you will be able to request ABA services using the new codes set forth by the AMA.

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Additional Tips

Please send in a treatment plan to your assigned Cigna Care Manager before your review. This will expedite the time you spend on the phone. The review form can be found by visiting our website: CignaforHCP.com > Resources > Behavioral Resources > Clinical Practice Tools > Clinical Review Guides > [Applied Behavioral Analysis Review Outline](#)

Make sure to print your name as opposed to signing it in box 31 on the CMS-1500 form. Include your claim mailing address as it is listed on your W-9. All codes billed per AMA guidelines for ABA, bill services under the BCBA or licensed health care professional.

Please contact Provider Services at 1.800.926.2273 with any questions.

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