

# WE VALUE YOU AND YOUR TIME



Get reimbursed for time spent on a patient's emotional well-being.

## Identify patients affected by emotional health issues and get reimbursed for your time.

You play the central role in caring for your patients' overall health. In this unique position, you can help screen your patients for potential emotional health issues and educate them about the connection between their body and mind – and how it may be affecting their health.

We want to help reduce the barriers you face when providing care for your patients.

That's why we give you:



Tools designed to help screen patients for potential emotional health issues.



Information on how to get reimbursed for the time you spend having these conversations.

## Screening for emotional health issues.

Not everyone will be open with you about how they're feeling physically and emotionally – and, in some cases, they may not even be aware that something is wrong. We encourage you to use nationally published tools and questionnaires, such as AUDIT, CAGE-AID and PHQ-9 to help screen for the presence of common emotional health issues, including abuse and depression.



To access these resources, visit [Cigna.com/connections](https://www.cigna.com/connections) and click on "Screening tools." These tools can supplement the screening you may already be doing.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

## Reimbursement for time you spend with patients.

We recognize your time is valuable. That's why we have a Preventive Care administrative policy, which provides:

- › Guidance on how to bill preventive care services and screenings.
- › CPT codes that represent these services and screenings.

For the majority of your patients, these are all covered at 100% with no cost-share.\*

## Behavioral health screening codes that are contained within our Preventive Care policy.

Code	Description
96161	Administration of caregiver-focused health risk assessment instrument (e.g., depression inventory) for the benefit of the patient, with scoring and documentation, per standardized instrument)
96127	Brief emotional/behavioral assessment (e.g., depression inventory, attention-deficit/hyperactivity disorder [ADHD] scale), with scoring and documentation, per standardized instrument
99406	Smoking and tobacco use cessation counseling visit; intermediate, greater than 3 minutes up to 10 minutes
99407	Smoking and tobacco use cessation counseling visit; intensive, greater than 10 minutes
99408	Alcohol and/or substance (other than tobacco) abuse structured screening (e.g., AUDIT, DAST), and brief intervention (SBI) services; 15 to 30 minutes
99409	Alcohol and/or substance (other than tobacco) abuse structured screening (e.g., AUDIT, DAST), and brief intervention (SBI) services; greater than 30 minutes
G0396	Alcohol and/or substance (other than tobacco) abuse structured assessment (e.g., AUDIT, DAST), and brief intervention 15 to 30 minutes
G0397	Alcohol and/or substance (other than tobacco) abuse structured assessment (e.g., AUDIT, DAST), and intervention, greater than 30 minutes
G0442	Annual alcohol misuse screening, 15 minutes
G0443	Brief face-to-face behavioral counseling for alcohol misuse, 15 minutes
G0444	Annual depression screening, 15 minutes



**To access our Preventive Care policy, and to get information on how to help avoid surprise billing for your patients, please visit [Cigna.com/connections](https://www.cigna.com/connections) and click on “Reimbursement.”**



\*Eligible preventive care services are covered at 100% with no patient cost-share only when performed by a participating provider. Services performed by non-participating providers may not be covered at 100%. Additional services or treatments performed in the same office visit as preventive services may incur out-of-pocket costs for your patients when billed separately. Certain codes may only be covered when provided at a separate encounter from the preventive care evaluation and management (E+M) office visit. Please refer to the policy for guidance on appropriate codes for reporting a preventive service.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.