



## Mental Health and Substance Abuse Benefits

For services, supplies, or treatment for mental health disorders and substance abuse by a licensed clinical psychologist, psychiatrist, or medical doctor, the following benefits may be available subject to medical necessity and subject to the benefit maximums, copayments, and deductibles shown below:

- Inpatient care for mental health disorders and substance abuse;
- Outpatient visits;
- Individual, group and family therapy or counseling;
- Psychological and laboratory testing.

**PEEHIP**

SERVICE OR SUPPLY	IN-NETWORK BENEFITS	OUT-OF-NETWORK BENEFITS
<b>MENTAL HEALTH AND SUBSTANCE ABUSE</b>		
<p>Inpatient Facility Services</p>	<p>100% of the allowed amount, subject to the following copays: \$15 per day for days 10-14; \$20 per day for days 15-19; \$25 per day for days 20-24; \$30 per day for days 25-30.</p> <p>Mental Health – No inpatient day limit per plan year</p> <p>Substance Abuse – 30-day inpatient limit per plan year; no lifetime admission maximum</p> <p>Mental Health and Substance Abuse days are not aggregate</p> <p>Precertification required.</p>	<p>100% of the allowance subject to a \$200 per admission deductible and a \$25 copay for days 2-5.</p> <p>Provides coverage only for short-term crisis intervention and only until the patient is stable enough to be moved to a PPO hospital.</p> <p>Precertification required.</p>
<p>Inpatient Physician Services</p>	<p>100% of the allowed amount, subject to \$0 copay</p> <p>Mental Health – No inpatient day limit on coverage availability during a covered admission.</p> <p>Substance Abuse – Coverage is available only during a covered admission up to 30 days each plan year (10/01-9/30).</p>	<p>80% of the allowed amount, subject to the calendar year deductible</p> <p>Provides coverage only for short-term crisis intervention and only until the patient is stable enough to be moved to a PPO hospital.</p> <p>Precertification is required.</p>
<p>Outpatient Facility Services</p>	<p>Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) 100% of the allowed amount, subject to a \$150 copay per treatment episode.</p> <p>Precertification required.</p>	<p>Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) 100% of the allowed amount, subject to a \$150 copay per treatment episode.</p> <p>Precertification required.</p>
<p>Outpatient Physician Services for Blue Choice Behavioral Network Providers</p>	<p>100% of the allowed amount, subject to a \$15 copay per visit for up to 24 visits per member per plan year (10/1-9/30) for in-network; No Major Medical deductible or balance billing when using a Blue Choice Behavioral Network provider. Maximum visits are combined for mental health and substance abuse. Additional visits covered if deemed clinically appropriate. For a list of in-network Blue Choice Behavioral Health Network providers, see <a href="http://AlabamaBlue.com">AlabamaBlue.com</a>.</p>	<p>50% of the allowed amount, subject to the calendar year deductible</p> <p>Limited to a maximum of 10 visits per member each plan year (10/1-9/30)</p> <p>Maximum visits are combined for mental health and substance abuse.</p>

## PEEHIP CERTIFIED COMMUNITY MENTAL HEALTH CENTERS

OUTPATIENT SERVICES		
SERVICE OR SUPPLY	BENEFIT LIMIT	COST SHARING
Outpatient Physician Services (Includes Intake and Evaluation, Individual Therapy, Family Therapy, Group Therapy, Pharmacological Management, and Physician Assessment)	Limited to combined 20 visits per member each plan year. Maximum visits are combined for mental health and substance abuse outpatient services listed.	\$10 per procedure
Intake and Evaluation	Included in the combined 20-visit maximum per member each plan year Limited to 1 unit per member each day	\$10 copayment per visit
Individual and Family Therapy	Limited to 2 units per member each day (billed in 30 minute units)	\$10 per procedure
Crisis Intervention	Limited to 4 units per member each day (billed in 15 minute units)	\$10 per day
Psychometric Testing and Diagnostic Testing by Psychologist	Limited to 5 hours per member each plan year (billed in one hour units)	\$20 per day
Psychometric Testing and Diagnostic Testing by Technician	Limited to 5 hours per member each plan year (billed in one hour units)	\$20 per day
Psychometric Testing and Diagnostic Testing by Computer	Limited to 1 hour per member each plan year (billed in one hour units)	\$20 per day
Group Therapy	Limited to 2 hours per member each day (billed in 30 minute units)	\$5 per hour
Physician Assessment	Limited to 4 units per member each day (billed in 15 minute units)	\$10 per day
Substance Abuse Intensive Outpatient Program	Limited to 40 visits per member each plan year	No copayment
Partial Hospitalization	Limited to 90 visits per member each plan year	\$20 per day
Adult and Child Mental Illness Intensive Day Treatment	Limited to 50 visits per member each plan year	\$10 per day
Adult Rehabilitation Day Program	Limited to 35 visits per member each plan year	\$5 per day
Hospital Screening/After Hours	Limited to \$150 per day	No copayment
Medication Monitoring	Limited to 2 units per member per day (billed in 15 minute units)	No copayment
Medication Administration	Limited to \$14 per day	No copayment

**Attention:** Inpatient hospital benefits for treatment of mental health disorders and substance abuse are available in the Alabama service area only if the hospital is an in-network provider.

The following services and supplies are not covered:

- Diagnosis or treatment of mental retardation;
- Rehabilitation of a temporary or permanent disability or for hearing or vision impairment;
- Treatment for chronic pain or solely for obesity;
- Services related to nicotine addiction;
- Sex therapy programs or treatment for sex offenders;
- Services or supplies furnished by a substance abuse facility (including a substance abuse residential facility), except for Alabama PPO facilities;
- Services or supplies furnished by a Residential Treatment Facility, except through Behavioral Health Case Management;
- Services provided by psychiatric specialty hospitals that do not participate with nor are considered members of any Blue Cross and/or Blue Shield plan, except for Alabama PPO facilities.

## EXHIBIT I: ALABAMA CERTIFIED MENTAL HEALTH CENTERS

AltaPointe Health Systems 5750 A Southland Drive Mobile, AL 36693 251.450.5901	Eastside MHC 129 East Park Circle Birmingham, AL 35235 205.836.7283	Northwest Alabama MHC *** 1100 7th Avenue Jasper, AL 35501 205.387.0541
Alta Point Health Systems *** 372 South Greeno Road Fairhope, AL 36532-1905 251.990.4190	Gateway Family Counseling Center 1401 20th Street South Birmingham, AL 35205 205.510.2761	Riverbend Center for MH *** 635 West College Street Florence, AL 35630 256.764.3431
Brewer-Porch Children's Center 2501 Woodland Road Tuscaloosa, AL 35404 205.348.7236	Glenwood, Inc. 150 Glenwood Lane Birmingham, AL 35242 205.969.2880	South Central AL MHC ** 19815 Bay Branch Road Andalusia, AL 36420 877.530.0002 Access Number
Cahaba Center for MH/MR ** Reynolds Building 1017 Medical Center Parkway Selma, AL 36701 334.875.6068	Indian Rivers MHC** 2209 9thStreet Tuscaloosa, AL 35401 205.391-3131	Southwest Al. Behavioral ** 328 West Claiborne Street Monroeville, AL 36461
Calhoun-Cleburne MH Center ** 331 East 8th Street Anniston, AL 36207 256.236.3403	Jefferson-Blount-St. Clair MH/MR Authority 940 Montclair Road Suite 200 Birmingham, AL 35213 205.595.4555	Spectracare Health System ** 134 Prevatt Road Dothan, AL 36301 334.794-0731
Cheaha Regional MH Center ** 351 West 3rd Street Sylacauga, AL 35150 256.245.1340	Mental Health Care of Cullman 1909 Commerce Avenue NW Cullman, AL 35056 256.734.4688	UAB Community Psychiatry ** 4th Floor 908 20th Street South Birmingham, AL 35294 205.934.4108
Cherokee-Etowah-DeKalb MHC ** 425 5th Ave NW Attalla, AL 35954 256.492.7800	Mental Health Center of North Central Alabama 1316 Somerville Road SE Suite 1 Decatur, AL 35601 256.260.7324 800.365.6008 Access Number	West Alabama MH Center ** 1215 South Walnut Ave. Demopolis, AL 36732 334.289.2410
Chilton-Shelby MHC ** 151 Hamilton Ln Calera, AL 35040 205.668.4308	Montgomery Area MH Authority 2140 Upper Wetumpka Rd Montgomery, AL 36107 334.279.7830	Mountain Lakes Behavioral Healthcare** 2409 Homer Clayton Dr. Guntersville, AL 35976 256.582.3203
East Alabama MHC * ** 2506 Lambert Drive Opelika, Alabama 36801 (334) 742-2700 800.815.0630	East Central MH/MR Board** 200 CherryStreet Troy, AL 36081 334.566.6022	

\* Partial or Day Hospitalization

\* Intensive Outpatient Program

## EXHIBIT II: ALABAMA CERTIFIED MENTAL HEALTH CENTERS

<p>Alcohol and Drug Abuse Treatment Center** 2701 Jefferson Avenue SW (205) 923-6552</p>	<p>Chemical Addictions Program (CAP) 1155 Air Base Blvd. P.O. Box 9269 Montgomery, AL 36108-0269 (334) 323-3204</p>	<p>Center for Psychiatric Medicine*** 1713 6th Avenue South Birmingham, AL 35294 (205) 934-6054</p>
<p>Children's Outpatient Psychiatric Clinic*** 1600 7th Avenue South Birmingham, AL 35233 (205) 638-6245</p>	<p>Children's Lakeshore Outpatient Clinic*** 2204 Lakeshore Drive Suite 410 Birmingham, AL 35209 (205) 638-6245</p>	<p>Spain Rehab/Civitan MRI*** 1717 6th Avenue South Birmingham, AL 35233 (205) 934-4011</p>
<p>Family Medicine*** 930 20th Street South Birmingham, AL 35233 (205) 934-7055</p>	<p>Lighthouse Counseling Center*** 1415 East South Boulevard Montgomery, AL 36116 (334) 286-5980</p>	<p>The Bridge, Inc. *** 3232 Lay Springs Road Gadsden, AL 35901 (256) 546-6324</p>
<p>Center for Psychiatric Medicine*** Eye Foundation Hospital Psychiatric Clinic 3rd Floor 1720 University Blvd Birmingham, AL 35233 (205) 934-5151</p>	<p>Smolian Psychiatric Clinic*** 1700 7th Ave. South Birmingham, AL 35233 (205) 934-5151</p>	<p>1917 Clinic/Community Care*** 908 20th Street South Birmingham, AL 35233 (205) 934-1917</p>
<p>Sparks Center*** 1720 7th Avenue South Birmingham, AL 35233 (205) 934-1089</p>	<p>UAB Community Psychiatry*** 4th Floor 908 20th Street South Birmingham, AL 36732 (205) 934-4108</p>	

\*\* Also approved for intensive outpatient program treatment

\*\*\* Locations may change without notice

## COMMUNITY MENTAL HEALTH CENTER & SUBSTANCE ABUSE AGENCIES ADOLESCENT INTENSIVE OUTPATIENT PROGRAMS

CENTER	COUNTY
Baldwin County Mental Health Center	Baldwin
The Bridge, Inc.	Cullman/Dekalb/Mobile/Morgan/St. Clair/Tuscaloosa
The Cahaba Mental Health Center	Dallas/Perry/Wilcox
Calhoun/Cleburne Mental Health Center	Calhoun/Cleburne
Cheaha Mental Health Center	Clay/Coosa/Randolph/Talladega
Chemical Addictions Program	Montgomery
Chilton-Shelby Mental Health Center	Chilton/Shelby
Lighthouse Counseling Center	Autauga/Montgomery
Mental Health Center of Madison County	Madison
Mental Health Center of North Central AL	Morgan
Riverbend Center for Mental Health	Lauderdale
Spectracare Health Systems	Barbour/Dale/Geneva/Henry/Houston
West Alabama Mental Health Center	Choctaw/Greene/Hale/Marengo/Sumter



**BlueCross BlueShield  
of Alabama**

*We cover what matters.*

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.