



Medi-Cal Update

Psychological Services | July 2019 | Bulletin 526

5. Counseling to Prevent Perinatal Depression is Now Reimbursable

Effective for dates of service on or after February 12, 2019, and consistent with the U.S. Preventive Services Task Force recommendation, Medi-Cal will now reimburse individual and/or group counseling sessions for pregnant or postpartum women with certain depressive, socioeconomic and mental health related risk factors. These risk factors include perinatal depression, a history of depression, current depressive symptoms (that do not reach a diagnostic threshold), low income, adolescent or single parenthood, recent intimate partner violence, elevated anxiety symptoms and a history of significant negative life events.

Up to a combined total of 20 individual counseling (CPT codes 90832 and 90837) and/or group counseling (CPT code 90853) sessions are reimbursable when delivered during the prenatal period and/or during the 12 months following childbirth. Modifier 33 must be submitted on claims for counseling given to prevent perinatal depression.

This information is reflected in the following provider manual(s):

Provider Manual(s)	Page(s) Updated
Clinics and Hospitals General Medicine	preg_early_(2) ; preg_post_(4) ; prev_(8)
Home Health Agencies/Home and Community-Based Services Inpatient Services	preg_post_(4)
Obstetrics	preg_early_(2) ; preg_post_(4)
Psychological Services	psychol_(1, 3, 4, 9)