

# Antidepressant Medication Management

## Antidepressant Medication

Major depression is a serious mental illness with a significant burden of symptoms and the most common psychiatric disorder in individuals who die from suicide.<sup>1</sup> Integrating the right antidepressant medication with appropriate behavioral therapy routinely leads to positive benefits and outcomes for members.

## Antidepressant Medication Documentation<sup>2</sup>

For our members with major depression who are 18 years and older, an adequate course of newly<sup>3</sup> started medication is recommended. Document two phases of medication compliance. The start date for each phase is when the prescription was first filled:

- **Effective Acute Treatment Phase:** 84 days (12 weeks) minimum with gaps in treatment up to a total of 30 days
- **Effective Continuation Treatment Phase:** 180 days (6 months) minimum with gaps in treatment up to a total of 51 days during the two phases combined

## Medical Record Documentation and Best Practices

- Include all the following in documentation:
  - Date of service
  - Diagnosis of major depression
  - Clear evidence that an antidepressant medication was prescribed
- Help our members understand that most antidepressants take 4 to 6 weeks to work. The severity of the episode and number of reoccurrences determine duration of treatment.
- Encourage members to continue any prescribed medication, even if they feel better. Inform them of the danger of discontinuing suddenly. If they take the medication for less than six months, they are at a higher risk of recurrence.
- Give members written instructions to reinforce teaching about the proper use of medication and what to do if they experience side effects.
- Discuss other factors that may improve symptoms, such as aerobic exercise and counseling or therapy.
- Assess members within 30 days from when the prescription is first filled for any side effects and their response to treatment.
- Coordinate care between behavioral health and primary care physicians by sharing progress notes and updates.
- Reach out to members who cancel appointments and assist them with rescheduling as soon as possible.

## Behavioral Health Codes

### Coding Instructions

Use ICD-10, CPT® and HCPCS to close gaps.

### BH Outpatient

**CPT:** 99078, 99201-99205, 99211-99215, 99241-99245, 99341-99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411-99412, 99510

**HCPCS:** G0155, G0176-G0177, G0409, G0463, H0002, H0004, H0031, H0034-H0037, H0039-H0040, H2000, H2001, H2010-H2011, M0064, T1015

### Emergency Department

**CPT:** 99281-99285

**UB Rev:** 0450-0452, 0456, 0459, 0981

### Major Depression

**ICD-10 CM:** F32.0-F32.4, F32.9, F33.0-F33.3, F33.41, F33.9

### Telephone Visits

**CPT:** 98966-98968, 99441-99443

**Telephone Modifier Value Set:** 95 GT

**POS:** 02

CPT copyright 2020 American Medical Association (AMA). All rights reserved. CPT is a registered trademark of the AMA.

The above material is for informational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Physicians and other health care providers are encouraged to use their own medical judgment based upon all available information and the condition of the patient in determining the appropriate course of treatment. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

1 <https://www.ncbi.nlm.nih.gov/pubmed/23411024>; Accessed 1/21/20

2 NCQA HEDIS 2020 Technical specifications for health plans, volume 2, Washington DC, 2020. We collect certain data from our providers to measure and improve the quality of care our members receive.

3 Defined as no antidepressant medication filled in past 105 days

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association