



## Becoming a TRICARE Behavioral Health Provider



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### Triple Option Healthcare Benefit

- Healthcare entitlement vs. Insurance
- TRICARE Prime
  - HMO like benefit
- TRICARE Standard
  - Indemnity (fee for service) benefit
- TRICARE Extra
  - Preferred Provider benefit



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### Why TRICARE? Why Now?

- Large numbers of Americans are suffering from psychological trauma as the direct result of the ongoing conflict.
- Shortages of Behavioral Health professionals
- Impact on the Military Family
- Community Impact
- Impact on National Security



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**Serving Those Who Serve**

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- Soldiers, Sailors, Marines, and Airmen
- Active Duty families
- Spouses of Active duty
- Children of Active duty
- Retired Members
- Retired Family Members



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**Children Adolescents and Families**

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- Children at risk in multiple systems
  - Family
  - School
  - Peer
  - Neighborhood
- Family system Integrity
  - Pre-deployment
  - Mid-deployment
  - Post-deployment
  - Psychological Trauma



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**Behavioral Health Services**

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- TRICARE-Covered Behavioral Health Treatment Includes, but Not Limited to
  - Outpatient therapy
  - Acute Hospitalization
  - Partial Hospitalization
  - Residential treatment center (children and adolescents)
  - Substance Use Disorder Rehabilitation



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**Outpatient Services**

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- Least restrictive but most clinically appropriate level of care
- Psychotherapy
  - Individual
  - Family
  - Group
  - Collateral
  - Play therapy
  - Psychoanalysis



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**Outpatient Services...cont'd**

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- Initial 8 sessions per member per fiscal year automatically authorized
  - Exception: Active Duty Members
- Provider must request continued authorization between 8<sup>th</sup> and 9<sup>th</sup> session
  - Continuation based on medical necessity
- Psychological Testing
  - Six hours per fiscal year
  - Additional hours may be authorized with medical necessity review



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**TRICARE-Authorized Behavioral Health Providers**

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- Psychiatrists
- Clinical Psychologists
- Certified Psychiatric Nurse Specialists
- Clinical Social Workers
- Certified Marriage and Family Therapists
- Pastoral Counselors
- Mental Health Counselors
- Licensed Professional Counselors



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### TRICARE Certification

- Providers Must be TRICARE-certified to receive reimbursement
- Certification facilitated by Regional Contractor determined by your practice location
- [www.tricare.mil/tma/becomeatricareprovider.aspx](http://www.tricare.mil/tma/becomeatricareprovider.aspx) Follow prompts for state specific information
- Complete a certification packet and enclose required documentation.
- Mail it to the address provided at the TRICARE website listed above.



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### TRICARE Standard vs. Prime

- Practice Location
- The Prime Benefit is primarily offered in a 40 mile radius around Military Treatment Facilities
- Prime Providers are asked to discount reimbursement for increased volume.
- Standard providers need not participate for all beneficiaries
- Standard providers may charge an additional 15 percent above the maximum allowed charge



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### Benefits of being a network provider

- 98% of referrals go to Network Providers
- Simple reimbursement process
- Ready access to free continuing education
- Administrative support and guidance
- Instant access to assistance and information through an assigned network representative
- Practice expansion opportunities
- Tele-behavioral health



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### Expand your practice capability

- TRICARE Telebehavioral health
- All TRICARE beneficiaries eligible
- Originating sites located throughout country
- Distant providers may provide medication management and psychotherapy
- Allows non-physician providers to arrange psychiatric assessments and medication management even in rural medically underserved areas
- Maximize provider scheduling and utilization



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### Non-Network Providers

- Participating Providers
  - Accept assignment
  - CHAMPUS Maximum Allowable Charge
- Non-Participating Providers
- Flexibility
- Reimbursement incentive
  - 15% above CMAC



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### TRICARE Reimbursement

- Fee schedule tied to Medicare
- Established by Law (32CFR199.14)
- Geographic adjustments
- Electronic Filing
- Quick turnaround for stable cash flow
- CMS 1500 for outpatient
- UB 04 for inpatient



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### Benefits of being a TRICARE Provider

- Being part of the National Security Team
- Making a positive impact on children and families affected by multiple deployments
- Directly assist service members to overcome impediments to continued service
- Help ensure a stable society for the future
- Direct impact on local communities through the treatment of National Guard/Reservists
- You are needed as never before!!!



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### UNCLE SAM NEEDS YOU

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**PANDEMIC  
INFLUENZA  
EXERCISE  
IN PROGRESS**



**ARE YOU READY?**



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