Behavioral Health Precertification List

Services requiring precertification*/authorization

Behavioral health services requiring precertification/authorization

This applies only to services covered under the member’s benefits plan.

- Inpatient admissions
- Residential Treatment Center (RTC) admissions
- Partial Hospitalization Programs (PHPs)
- Intensive Outpatient Programs (IOPs)
- Psychological testing
- Neuropsychological testing
- Outpatient Electroconvulsive Therapy (ECT)
- Biofeedback
- Amytal interview
- Psychiatric home care services
- Outpatient detoxification
- Applied Behavior Analysis (ABA)

How to request precertification/authorization

To get precertification/authorization for mental health, substance abuse or behavioral health services, submit an electronic precertification request on our secure provider website on NaviNet® at https://connect.navinet.net. Register for the site at https://connect.navinet.net/enroll. Or you can choose any other website that allows precertification requests from our list at www.aetna.com/provider/vendor.

You can also inquire electronically on previously submitted requests.

Open Choice® and Traditional Choice® plans require precertification for inpatient admissions and residential treatment, although they may not have precertification requirements for additional outpatient procedures listed here.

Exceptions to this policy

This policy applies to all Aetna plans with the exception of:

- Behavioral health benefits plans that we administer, but do not manage
- Self-funded plans with plan sponsors who have expressly purchased precertification requirements

*The term precertification means the utilization review process to determine whether the requested service or procedure meets the company’s clinical criteria for coverage. It does not mean precertification as defined by Texas law, as a reliable representation of payment of care or services to fully insured health maintenance organization (HMO) and preferred provider organization (PPO) members.
For more information about precertification, go to www.aetnaelectronicprecert.com.