

## Understanding TRICARE’s School Physical Benefit

With the long, lazy days of summer coming to a close, parents across the country are getting their children ready for another school year. And, at the top of most to-do lists, is a visit to you for the child’s annual school physical.

TRICARE Prime covers required back-to-school physicals for children ages 5–11 as a clinical preventive service. TRICARE coverage is only for school physicals for enrollment, not for sports physicals. Sports physicals are **not** a TRICARE-covered benefit. **Note:** There may be the rare occurrence where you will need to perform a school physical on a child older than 11 years of age in order for the child to meet the enrollment requirements of a new school due to a permanent change of station move. In these cases, check with Humana Military Healthcare Services, Inc. for more information on TRICARE coverage and how to handle claims and reimbursement.

The school physical is important not only because it ensures children are healthy for school, but it also might be the only time throughout the year when you see some of these young patients. The American Academy of Pediatrics (AAP) suggests that primary care managers (PCMs) use the school physical visit as an opportunity to build and add to a child’s complete medical history. This can help you, and other health care providers, be aware of a child’s progress and development over time and, if necessary, detect emerging problems.

School physicals usually require a check to ensure a student’s immunizations are up to date. TRICARE covers age-appropriate vaccines per Centers for Disease Control and Prevention (CDC) guidelines to immunize children against common childhood diseases. **Note:** The CDC’s recommended vaccination schedule may be found at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

For school physicals, immunizations and other clinical preventive services, TRICARE Prime and TRICARE Prime Remote for Active Duty Family Members (TPRADFM) beneficiaries can see any network provider without a referral or prior authorization from their PCM. No copayment is required. TRICARE Standard (or TRICARE Extra) beneficiaries do not need a referral for school physicals; however, cost-shares and deductibles will apply.

If the parent and child are requesting a “sports physical” only, you should have the parent complete a *Non-Covered Services Waiver* form (or equivalent) in order to inform the parent that he or she will be paying for the non-covered service. The *Non-Covered Services Waiver* form may be found in the *TRICARE Provider Handbook* or at [www.humana-military.com](http://www.humana-military.com).

For more information about TRICARE-covered school physicals, well-child care and immunizations, refer to the *TRICARE Policy Manual*, Chapter 7, Sections 2.2 and 2.5. ■

### From the Desk of the CMO

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Chief Medical Officer  
Humana Military Healthcare Services, Inc.

TRICARE has recently implemented several program and benefit changes of interest:

#### Autism Resources

Applied Behavioral Analysis (ABA), a treatment for autism, is now covered through the TRICARE Extended Care Health Option (ECHO) program.<sup>1</sup> TRICARE has also launched a project to improve access to this care. The Enhanced Access to Autism Services Demonstration Project will test the feasibility and advisability of permitting TRICARE reimbursement for Educational Interventions for Autism Spectrum

Disorders (EIA) services (defined as behavior modification interventions of specified characteristics) delivered by paraprofessional providers. Eligible beneficiaries include active duty family members (ADFMs) who have been diagnosed with these conditions:

- Asperger’s Disorder
- Autistic Disorder

*continued on page 2*



## From the Desk of the CMO

*continued from page 1*

- Childhood Disintegrative Disorder
- Pervasive Developmental Disorder Not Otherwise Specified

The participant's diagnosis must be confirmed by an Autism Spectrum Disorders (ASD) specialist. Additionally, your TRICARE patient must be at least 18 months old, enrolled in the Exceptional Family Member Program (EFMP), registered for ECHO coverage and live in the 50 United States or the District of Columbia. For more on the demonstration project, visit [www.humana-military.com](http://www.humana-military.com).

<sup>1</sup> Expanded coverage may not be immediately available in all markets.

### Lung Volume Reduction Surgery (LVRS)

LVRS for late-stage emphysema is now a covered TRICARE benefit, but only at select facilities. LVRS must be performed at facilities that are:

- Certified by The Joint Commission (formerly the Joint Commission on Accreditation of Healthcare Organizations [JCAHO]) under the LVRS Disease Specific Care Certification Program; or
- Approved by Medicare or TRICARE as a lung or heart-lung transplantation facility.

For more information, visit [www.cms.hhs.gov/ApprovedTransplantCenters/](http://www.cms.hhs.gov/ApprovedTransplantCenters/)

[downloads/lung\\_heart\\_list.pdf](#) and [www.jointcommission.org/CertificationPrograms/LungVolumeReductionSurgery/](http://www.jointcommission.org/CertificationPrograms/LungVolumeReductionSurgery/).

### Anesthesia for Dental Procedures

Medically necessary institutional and general anesthesia services may be covered in conjunction with non-covered or non-adjunctive dental treatment for patients with developmental, mental or physical disabilities, or for pediatric patients age 5 or under. Patients with diagnosed developmental, mental or physical disabilities are those patients with conditions that prohibit dental treatment in a safe and effective manner. The general anesthesia must be administered by a separate anesthesiology provider. Coverage of institutional services includes institutional benefits associated with both hospital and outpatient surgery settings. Prior authorization is required for above outpatient care or inpatient stays to be covered in the same manner as required for adjunctive dental care.

### 3D Maternity Ultrasound Rendering

Three-dimensional (3D) rendering with maternity ultrasound, Current Procedural Terminology (CPT)\* codes 76376 and

76377, is regarded as unproven, and is therefore, excluded from coverage. Refer to the *TRICARE Policy Manual*, Chapter 5, Section 2.1, which is available at <http://manuals.tricare.osd.mil/>.

### Percutaneous Vertebroplasty

CPT\* codes 22520–22522, S2360, S2361 and balloon kyphoplasty (CPT\* codes 22523–22525) are covered for the treatment of painful osteolytic lesions and osteoporotic compression fractures refractory to conservative medical treatment.

### Provider Portal

Most transactions with Humana Military Healthcare Services, Inc. can now be completed using the secure provider portal “MyHMHS for Providers” at [www.humana-military.com](http://www.humana-military.com). By becoming a registered user of the site, you can verify eligibility; check and submit referrals, authorizations and claims; and review prescription data by patient on valid referrals.

Thank you for participating in the care of TRICARE beneficiaries! ■

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## APA Features Military BHC Workshop

**Who:** American Psychological Association (APA) National Convention

**When:** August 13, 2008, Boston, Ma.

**What:** *The Impact of Stress and Trauma Related to Military Deployment on Personnel and Their Families* Workshop

**Presented by:** The Center for Deployment Psychology and the APA Office of Continuing Education (CE)

**Register at:** [www.apa.org](http://www.apa.org)

## Referrals Required for Specialty Services

From time to time, TRICARE Prime beneficiaries may require services that are beyond the scope of your practice or specialty area as their primary care manager (PCM). Any service that is not considered “primary” and cannot be performed by a general internist, general pediatrician or family physician, warrants a referral.

In these instances, you will need to contact Humana Military Healthcare Services, Inc. (Humana Military) to generate a referral for your patient to see another provider for a consultation or service that you believe is necessary but are not prepared or qualified to provide. Humana Military will issue an authorization based on a PCM referral when a TRICARE Prime beneficiary is in need of specialized medical services from a civilian professional or ancillary provider and the services are not available at the military treatment facility (MTF) or the PCM’s office.

The MTF is always the primary source of care for TRICARE beneficiaries even if the assigned PCM is not an MTF PCM. As a result, the MTF has the “right of first refusal” to provide specialty care for a TRICARE beneficiary.

TRICARE Prime and TRICARE Prime Remote for Active Duty Family Members (TPRADFM) beneficiaries must seek all primary health care from and coordinate other health care with their PCM. Exceptions include emergency care, clinical preventive services and outpatient behavioral health care visits, or when they choose to use the TRICARE point-of-service (POS) option.

Active duty service members (ADSMs), including those enrolled in TRICARE Prime Remote (TPR), require a referral for civilian provider specialty care. If care cannot be provided at an MTF, it is the PCM’s responsibility to refer the beneficiary to another provider.

Here are some tips for obtaining specialty referrals in the TRICARE South Region:

- Referrals should be made to network providers. Use [www.humana-military.com](http://www.humana-military.com) for the Web referral option.
- The quickest way to make a referral is online at the secure provider portal, “MyHMHS for Providers.”
- To submit a referral via fax, complete the *Patient Referral/Authorization Form (PRAF)* and fax it to Humana Military at 1-877-548-1547.
- Some referrals are allowed “Specialty to Specialty.”
- Always include the sponsor’s Social Security number (SSN) and the patient’s name and date of birth (DOB) along with diagnosis and clinical data explaining the reason for the referral.
- For truly urgent referrals, call Humana Military’s Integrated Voice Response (IVR) line at 1-800-444-5445.

For more information about specialty referrals, refer to Section 7, “Health Care Management and Administration,” of the *TRICARE Provider Handbook* or visit “MyHMHS for Providers” on [www.humana-military.com](http://www.humana-military.com). ■

## Reminder: Authorization Required Beyond Eight Visits

Eligible TRICARE beneficiaries, including active duty family members (ADFMs), retirees and their family members, may self-refer to network providers (except pastoral counselors, licensed professional counselors and licensed mental health counselors) for the first eight behavioral health visits per fiscal year (Oct. 1–Sept. 30) without prior authorization from ValueOptions, Inc. (ValueOptions), Humana Military’s behavioral health subcontractor. However, authorization is required **prior to** the ninth visit.

Active duty service members (ADSMs) may receive behavioral health care at a military treatment facility (MTF)

without referral, but a referral and prior authorization are required before receiving any behavioral health services from a civilian network provider.

To avoid administrative delays or reductions in reimbursement, it is strongly recommended that providers verify whether or not the patient has expended his or her eight unmanaged visits. Additionally, providers are encouraged to contact ValueOptions to obtain an administrative authorization for claims payment purposes.

If authorization is not obtained prior to the ninth visit, providers may fax a retrospective Outpatient Treatment Report (Retro OTR) to 1-866-811-4422

and it will be reviewed for medical necessity. If the request meets criteria, the submitted claim will be paid; however, a penalty will be assessed due to failure to obtain prior authorization.

If you have questions about prior authorizations, call ValueOptions at 1-800-700-8646. ■



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## CONTACTS

**Humana Military  
Healthcare Services, Inc.**  
1-800-444-5445  
[www.humana-military.com](http://www.humana-military.com)

**Claims**  
1-800-403-3950  
[www.myTRICARE.com](http://www.myTRICARE.com)

**Behavioral Health**  
1-800-700-8646

**Pharmacy Customer Service**  
1-866-DoD-TRRX (retail)  
1-866-DoD-TMOP (mail order)  
[www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)

**National TRICARE Web Site**  
[www.tricare.mil](http://www.tricare.mil)

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## Behavioral Health Providers Asked to “Give an Hour” Time to Benefit Deployed Service Members’ Families

As the conflicts in Iraq and Afghanistan continue, multiple deployments and extended tours have placed a severe strain on many soldiers and their families, presenting unique health challenges that often require behavioral health care. Although deployed service members may face immediate danger, their loved ones can also be adversely affected by the stress of these ongoing military conflicts.

However, while service members, their spouses and children are eligible for behavioral health care benefits through TRICARE, parents, siblings and unmarried partners generally are not. Though these individuals may have access to behavioral health care resources through other means, most are not likely to seek care if it is costly or difficult to find.

This is where you can help. Humana Military Healthcare Services, Inc. (Humana Military) and ValueOptions, Inc. (ValueOptions) are proud to support a non-profit organization called *Give an Hour*.

The *Give an Hour* organization is dedicated to developing a national network of volunteers to respond to the acute and chronic needs within our society. The organization’s current focus is to establish a national network of behavioral health care professionals to help those individuals who may not have behavioral health care coverage but have been affected by the current military conflicts. *Give an Hour* offers such services as bereavement counseling; individual and family therapy; and support for those caring for individuals with post-traumatic stress disorder (PTSD) and traumatic brain injuries (TBIs).

Participating providers must be willing to commit one hour of their time per week for a minimum of one year. Behavioral health care services may be provided face-to-face in the office, over the phone or in other institutions like schools.

If you are interested in participating or want to learn more, visit the *Give an Hour* Web site at [www.giveanhour.org](http://www.giveanhour.org). ■