



Maternal Mental Health Screening Pathways

Screening for maternal mental health conditions during pregnancy, at least once per trimester and within six (6) weeks of birth is essential for early detection of issues and may lead to better health outcomes.

We recognize that your time and expertise is valuable and want to make sure you're reimbursed for these screening efforts through the appropriate CPT codes (below in table). CPT code submission is the only way Blue Shield of California knows the patient was screened and helps us identify provider dedication to high-quality care. To learn more about preventive benefit policies and billing codes, please review the [Preventive health guidelines](#) section on our Provider Connection website.

Screen	Results	Assessment	Coding submissions
Screen* your patient using an approved screening tool, e.g., EPDS , PHQ-2, or PHQ-9 and score the survey using the tool's scoring instructions.	<p>Positive result:</p> <ul style="list-style-type: none"> PHQ-9 Score of 10 or greater PHQ-2 Score of 3 or greater <p>Patient is <u>likely</u> to be experiencing symptoms of depression.</p> <p>Negative result: Even when patient screening does not indicate concern, the patient may still benefit from maternal mental health services.</p>	<p>If your patient's responses indicate they have considered self-harm, assess for immediate risk.</p> <ul style="list-style-type: none"> Assess your patient's depression severity to determine appropriate treatment or referral. Resources are listed below. Document a follow-up plan in your patient's chart. 	<ul style="list-style-type: none"> Submit 71354-5 (LOINC): EPDS Submit 55758-7 (LOINC): PHQ-2 Submit 44261-6 (LOINC): PHQ-9 <p>For instructions on how to submit a LOINC code, please review our Depression Screening Documentation FAQ.</p>

*Patients should be screened at least once per trimester and at least once within six (6) weeks following birth. Additional postpartum screenings, if determined medically necessary and clinically appropriate in the judgment of the treating provider, may also occur.

Mental Health Resources

- National Maternal Health Hotline: 833-TLC-MAMA (852-6262)
- National Suicide Prevention Lifeline: 988
- Crisis Text Line: text HOME to 741741

Various treatment options for benefit plan members include:

- Treatment or referrals for behavioral health care by the member's screening healthcare provider.
 - [Prior Authorization List](#) information
 - Prior Authorization ([Treatment Authorization Request](#)) forms for Behavioral Health referrals

Resources available at www.blueshieldca.com – Blue Shield's member website:

- [Maven Maternity Program](#) virtual care information
- [Mental Health Resources](#) for multiple needs
- [Find a doctor](#) online Provider Directory that members (and providers) may use to locate behavioral health care providers.

Blue Shield Behavioral Health is also available to help benefit plan members navigate behavioral health needs. Members may contact Blue Shield Behavioral Health using the telephone number on the back of their member ID card.