

PROVIDER QUICK POINTS

Provider information



May 20, 2013

Dialectical Behavior Therapy for Borderline Personality Disorder

On May 13, 2013, Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) inactivated its behavioral health policy Dialectical Behavior Therapy for Borderline Personality Disorder (X-10). The policy inactivation does not signify a change in benefits for Minnesota Health Care Program (MHCP) subscribers.

Providers were notified in March via “Upcoming Policies” in the “Medical Policy” section of providers.bluecrossmn.com that this policy was being inactivated. However, Blue Cross desired to further clarify that change, which is the reason we have elected to issue this Quick Points for your convenience.

See the “Dialectical Behavior Therapy (DBT) Intensive Outpatient Program (IOP)” document on the MHCP page of the Minnesota Department of Human Services website at dhs.state.mn.us and Chapter 11, Coding Policies and Guidelines (Behavioral Health) of the Blue Cross Provider Policy and Procedure Manual at providers.bluecrossmn.com for more information.

Blue Cross does not require pre-certification/pre-authorization for dialectical behavior therapy services.

Questions?

If you have questions, please contact provider services at (651) 662-5200 or toll free at 1-800-262-0820.