

September 2016

Mental health and substance use disorder benefit update

Dear Member,

Anthem has changed some mental health and substance use disorder benefits effective January 1, 2016. A federal law, The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act, and Covered California rules require these changes.

The changes listed below start January 1, 2016. This information updates the benefits described in an Evidence of Coverage (EOC) that you may have received already for 2016. The EOC is a written guide to the services the health plan covers and what you pay for services. To obtain a copy of an updated 2016 EOC, call the toll-free phone number on the back of your ID card or log in as a member at www.anthem.com/ca.

Revisions to the EOC Concerning Mental Health and Substance Abuse

Please contact Anthem at the toll-free phone number on the back of your ID card for more information on the significant EOC changes listed below:

- Prior approval requirements for services are described under the section Medical Management Programs. A listing of mental health and substance abuse services that require prior approval has been added.
- The "Mental or Nervous Disorders/Substance Abuse" section under Your Benefits at Anthem Blue Cross HMO (What We Cover) has been revised to clarify the treatments of mental health and substance use disorders that are available on an inpatient or outpatient basis.

Additional Information

- Fetal testing – in order to comply with California 2015 Senate Bill (SB) 75, we are providing coverage of testing that is done as part of the California Prenatal Screening Program at no cost to members who reside in California.

Sincerely,
Group Services

