

Alternative/Experiential Mental Health Care Insurance Coverage Research Form

Use this form to document your research into mental health care options.

Insurance company:

Phone number called:

Date of call:

Representative name/ID:

Coverage and Eligibility

Play therapy covered? Yes No

Notes:

Equine assisted therapy covered? Yes No

Notes:

Other experiential therapies (art, music, movement, etc.) covered? Yes No

Notes:

Covered only when delivered by licensed clinicians? Yes No

Notes:

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Considered alternative care under the plan? Yes No

Notes:

Provider Requirements

Provider type required for coverage (licensed professional counselor, licensed clinical social worker, licensed marriage and family therapist, medical doctor, psychologist, Certified Equine Specialist, etc.):

Provider must be in network? Yes No

Notes:

Non-licensed/non-clinical providers eligible for reimbursement? Yes No

Notes:

Medical Necessity Requirements

Formal mental health diagnosis required? Yes No

Notes:

Therapy must be included in a treatment plan from a licensed clinician? Yes No

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Notes:

Criteria used to determine medical necessity:

Authorization Requirements

Prior authorization required:

Play therapy Yes No Experiential therapies Yes No

Documentation needed:

Clinical assessment Diagnosis Treatment plan

Provider credentials Other: _____

Notes:

Billing Requirements

Required current procedural terminology (CPT)/healthcare common procedure coding system (HCPCS) codes:

Experiential therapies billable under standard psychotherapy codes (90834, 90837)? Yes No

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Notes:

Modifiers or special documentation required? Yes No

Notes:

Reimbursement & Out-of-Network Options

Out-of-network reimbursement percentage:

Superbills accepted? Yes No

Notes:

Maximum number of reimbursable sessions:

Exceptions available for special circumstances (trauma, neurodivergence, etc.)? Yes No

Notes:

Limits, Caps & Exclusions

Therapies specifically excluded:

Play therapy? Yes No

Art therapy? Yes No

Music therapy? Yes No

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Equine therapy? Yes No

Other experiential therapies? Yes No

Notes:

Session limits for covered therapies:

Telehealth Coverage

Virtual play/Art/Music therapy sessions covered? Yes No

Notes:

Supplies or materials reimbursable? Yes No

Notes:

Case Management & Integrated Care

Pediatric mental health case manager available? Yes No

Notes:

Case manager can help identify specialized providers? Yes No

Notes:

