

# HealthySteps Alignment with Massachusetts Behavioral Health Billing Opportunities



## Annual Behavioral Health Wellness Examination

The Massachusetts annual behavioral health wellness examination (BHWE) includes a screening or assessment to identify any behavioral or mental health needs and the appropriate resources for treatment. **The HealthySteps National Office recommends that Licensed Mental Health Professionals (LMHPs) use the BHWE benefit to generate reimbursement for their initial visit with a family.** There are no out-of-pocket costs to patients who have either Medicaid or commercial insurance, and no preexisting clinical criteria or behavioral health diagnosis is required.

**Reminder:** No Child and Adolescent Need and Strengths (CANS) Assessment is required for BHWE or preventive psychotherapy.

### MassHealth Billing & Coding for BHWE

LMHPs @ non-FQHCs

CPT Code: 90791

DX: Z13.30

Modifier: None

LMHPs @ FQHCs/CHCs

CPT code: T1040

DX: Z13.30

Modifier: None

### Commercial Billing & Coding for BHWE

LMHPs @ non-FQHCs

CPT Code: 90791

DX: Z13.30

Modifier: 33

LMHPs @ FQHCs/CHCs

CPT code: T1040

DX: Z13.30

Modifier: 33

Disclaimer: This document is not intended to give billing advice or guidance to any specific provider or HealthySteps site and does not consider the fact that payors, providers, and sites may have their own policies and procedures that may affect or prohibit implementation of these recommendations. Additionally, billing guidance is updated often. If there are any updates you recommend, please reach out to [HSPolicyandFinance@zerotothree.org](mailto:HSPolicyandFinance@zerotothree.org).

## MassHealth Preventive Psychotherapy Codes and Requirements

Subsequently, for families with coverage through Medicaid (MassHealth), LMHPs can generate **reimbursement for follow-up visits with families using the preventive psychotherapy benefit**, which allows up to six sessions without a formal mental health diagnosis.

**Reminder:** No CANS Assessment is required for BHWE or preventive psychotherapy.

If the patient is commercially insured, these codes will only be reimbursed if the child has a behavioral health diagnosis and the patient may incur a co-pay.

Description	CPT Codes	Treatment Timeframes	Specific Billing Guidance
Individual Psychotherapy	90832	30 minutes (16-37)	<ul style="list-style-type: none"> <li>• Modifier EP required</li> <li>• Z-codes required (e.g., Z63.5, Z63.72 &amp; Z60.0)</li> <li>• No BH Dx required</li> <li>• Billed under child MassHealth ID, not parent</li> <li>• 6 sessions allowed w/o prior authorization</li> <li>• Patient must be &lt;21 years old</li> <li>• Positive BH Screening</li> <li>• After 6th session, LMHPs should be able to provide definitive MH/BH Dx. If additional sessions required, prior-authorization needed.</li> </ul>
	90834	45 minutes (38-52)	
Family Psychotherapy w/o patient	90846	>26 minutes	
Family Psychotherapy w/ patient	90847	>26 minutes	
Group Psychotherapy	90849	Not time based (typically 46-60 minutes)	
	90853		