

 Aetna Better Health of Kentucky 9900 Corporate Campus Drive Suite 100 Louisville, KY 40223	Date	February 6, 2024
	To	All Network Providers
	From	Provider Experience
	Subject	IOP Covered Services & Requirements
	Document number	Aetna-1680

Intensive Outpatient Program (IOP) Covered Services & Requirements

Aetna Better Health of Kentucky would like to remind providers about the regulatory requirements for coverage and reimbursement of IOP (H0015/S9480) services.

- An Intensive outpatient program (IOP) is an alternative to or transition from inpatient hospitalization or partial hospitalization from mental health and/or substance abuse disorders.
- An IOP must offer a **multi-modal, multi-disciplinary** structured outpatient treatment program that is significantly more intense than individual, group, and family therapies.
- IOP services must be provided at least three (3) hours per day and at least three (3) days per week for adults, and at least six (6) hours per week for adolescents.
- **Programming must include** individual, group, and family therapy unless contraindicated, crisis intervention as it would occur in the setting where IOP is being provided, and psychoeducation. These services should be available to the recipients according to their individualized treatment plans.

To provide Intensive Outpatient Program services, a provider must be employed by a behavioral health multi-specialty group, CMHC, CCBHC, or behavioral health provider group.

In addition, to provide IOP the provider group must have:

- Access to a **board-certified or board-eligible psychiatrist** for consultation.
- Access to a **psychiatrist, other physician, or advanced practice registered nurse** for medication management.

What does “access to” mean? “Access to” means that the provider group must have a contract with those providers.

Please refer to the following applicable KAR.

907 KAR 15:010. Coverage provisions and requirements regarding behavioral health services provided by individual approved behavioral health practitioners, behavioral health provider groups, and behavioral health multi-specialty groups.

<https://apps.legislature.ky.gov/law/kar/titles/907/015/010/>

907 KAR 15:020. Coverage provisions and requirements regarding services provided by behavioral health services organizations for mental health treatment.

<https://apps.legislature.ky.gov/law/kar/titles/907/015/020/>

907 KAR 15:022. Coverage provisions and requirements regarding services provided by behavioral health services organizations for substance use disorder treatment and co-occurring disorders.

<https://apps.legislature.ky.gov/law/kar/titles/907/015/022/>

907 KAR 1:044. Coverage provisions and requirements regarding community mental health center behavioral health services.

<https://apps.legislature.ky.gov/law/kar/titles/907/001/044/>

Please note that all provider notices require Kentucky Department of Medicaid Services approval prior to dissemination.

Questions?

Simply contact your Network Relations Manager. Our most current listing is attached, the listing can also be found on our website.

<<<insert Network Listing >>

