

Aetna Better Health® of Louisiana

Therapy Authorization Guidelines

Authorization Policy Update for Therapy Services

Effective 07/01/2026, ABHLA will implement a new policy regarding prior authorization for Adult members 21 years and older receiving Physical Therapy, Occupational Therapy, or Speech Therapy. Under this update, prior authorization will no longer be required for the first 48 units (equivalent to 12 visits) for these therapy services. This exemption applies only to the initial 12 visits.

Therapy Services and Applicable CPT Codes

The following Current Procedural Terminology (CPT) codes are included within the scope of this policy:

Physical Therapy:

- 97110 – Therapeutic Procedure, one or more areas, each 15 minutes
- 97112 – Neuromuscular Re-education, each 15 minutes
- 97116 – Gait Training, each 15 minutes
- 97140 – Manual Therapy, each 15 minutes

Occupational Therapy:

- 97530 – Therapeutic Activities, direct patient contact, each 15 minutes

Speech Therapy:

- 92507 – Speech, language, and hearing therapy
- 92508 – Group speech, language, and hearing therapy

Requirements After Initial 12 Visits

After the first 12 therapy visits, prior authorization will be required for continued services. Providers must submit the following documentation to request authorization for additional visits:

- Updated orders for continuation of therapy or a signed plan of care from the ordering provider
- Clinical documentation demonstrating member progress, achievement of goals, range of motion (ROM) measurements, and other relevant clinical information
- Claims for therapy services exceeding the initial 12 visits will not be paid unless an authorization is on file.

Additional CPT Codes for Therapy Services

The following is a list of additional CPT codes relevant to Physical, Occupational, and Speech Therapy services:

Code	Description
97110	Therapeutic Procedure, one or more areas, each 15 min
97112	Neuromuscular Re-education, each 15 min
97116	Gait Training, each 15 min
97124	Massage, each 15 min
97139	PT-Unlisted Procedure-Specify
97140	Manual Therapy, each 15 min
97161	Physical Therapy Evaluation: Low Complexity
97162	Physical Therapy Evaluation: Moderate Complexity
97163	Physical Therapy Evaluation: High Complexity
97164	Re-evaluation of Physical Therapy
97165	Occupational Therapy Evaluation: Low Complexity
97166	Occupational Therapy Evaluation: Moderate Complexity
97167	Occupational Therapy Evaluation: High Complexity
97168	Re-evaluation of Occupational Therapy
97530	Therapeutic Activities, each 15 min
92507	Speech Language Hearing Therapy
92508	Group Speech Language Hearing Therapy
92521	Evaluation of Speech Fluency
92522	Evaluate Speech Production
92523	Speech Sound Language Comprehension
92524	Behavioral Quality Analysis Voice
92526	Oral Function Therapy

Contact Information

If you have any questions regarding these guidelines or require further clarification, please reach out to:

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