

## **Outpatient Behavioral Health Services**

**For CPCT HMO members, effective for dates of service on or after January 1, 2020, outpatient behavioral health services listed below no longer require a PCP referral when the member is receiving services from an in network behavioral health specialist or provider:**

- Outpatient therapy
- Electroconvulsive therapy (ECT)
- Repetitive transcranial magnetic stimulation (rTMS)
- Neuropsychological and psychological testing

PCPs must continue to issue referrals for CPCT HMO members to see an out-of-network behavioral health specialist or provider for these services. Members may be responsible for expenses if a referral is not obtained prior to an appointment with an out-of-network provider or specialist.

CPCT PPO members do not need referrals to see an out of network provider.

Any questions or problems regarding referrals should be directed to CarePartners of Connecticut Provider Services at 888.341.1508.