



California Mental Health Parity Law

California Mental Health Parity Law states that every health care service plan that provides hospital, medical, or surgical coverage shall provide coverage for the diagnosis and medically necessary treatment of mental health and substance use disorders, under the same terms and conditions applied to other medical conditions. These benefits include outpatient services, inpatient hospital services, partial hospital services, and prescription drugs (when included in the member's benefit plan). The terms and conditions applied to the benefits shall be applied equally to all benefits under the plan, including maximum lifetime benefits, copayments, and individual and family deductibles.

Sharp Health Plan supports and adheres to the California Mental Health Parity Law.

Maternal Mental Health

California Assembly Bill (AB) 2193 requires a licensed health care practitioner (provider) who provides prenatal or postpartum care for a patient to ensure that the mother is offered screening or is appropriately screened for maternal mental health conditions.

Maternal mental health condition means a mental health condition that occurs during pregnancy or during postpartum period and includes, but is not limited to, postpartum depression.

AB-2193 also requires a health plan to develop a maternal mental health program designed to promote quality and cost-effective outcomes.

Sharp Health Plan has a maternal mental health program that is designed to assist mothers (prenatal and postpartum) with needs such as understanding health care benefits, making appointments, and providing health plan and community resources. Sharp Health Plan offers case management services to members who qualify, which includes members with a maternal mental health condition. Referrals are accepted from any source, including, but not limited to, providers, members, and hospital staff.

Providers who have a positive screening can direct mothers to a Sharp Health Plan network behavioral health provider. A referral or authorization from Sharp Health Plan is not required. In addition, providers can refer mothers to Sharp Health Plan's case management department. A case management referral can be made by completing the Case Management Referral form found in the Forms section of the Sharp Health Plan website, or by calling 1-858-499-8300.

Sharp Health Plan's maternal mental health program guidelines and criteria are available to providers upon request.

**Autism**

It is the policy of Sharp Health Plan to adhere to California legal and regulatory requirements for providing coverage for behavioral health treatment for members diagnosed with autism spectrum disorder. Sharp Health Plan is responsible to arrange and provide coverage for medically necessary medical services, such as occupational, physical, or speech therapy, for all diagnoses including autism spectrum disorder. Sharp Health Plan covers behavioral health treatment, such as applied behavioral analysis (ABA) therapy or evidence-based intensive behavioral health treatment, for members diagnosed with autism spectrum disorder when medically necessary.