

## Mental Health and Substance Abuse Benefits

For services, supplies, or treatment for mental health disorders and substance abuse by a licensed clinical psychologist, psychiatrist, or medical doctor, the following benefits may be available subject to the benefit maximums, copayments, and deductibles shown below:

- Inpatient care for mental health disorders and substance abuse;
- Outpatient visits;
- Individual, group and family therapy or counseling;
- Psychological and laboratory testing.

SERVICE OR SUPPLY	IN-NETWORK	OUT-OF-NETWORK
<b>Mental Health and Substance Abuse</b>		
Inpatient Facility Services	<p>100% of the allowed amount, subject to the following copays: \$15 per day for days 10-14; \$20 per day for days 15-19; \$25 per day for days 20-24; \$30 per day for days 25-30.</p> <p>Covers up to 30 days per person each plan year (10/1-9/30)</p> <p>Inpatient Substance Abuse limited to one admission per plan year and a maximum of two admissions per lifetime</p> <p>Benefits not provided for substance abuse facility except when provider is a PPO facility.</p> <p>Mental Health and Substance Abuse days are aggregate</p> <p>No rollover to Major Medical.</p>	<p>100% of the allowance subject to a \$200 per admission deductible and a \$25 copay for days 2-5.</p> <p>Provides coverage only for short-term crisis intervention and only until the patient is stable enough to be moved to a PPO hospital.</p> <p>Precertification is required.</p>
Inpatient Physician Services	<p>80% of the allowed amount, subject to the calendar year deductible</p> <p>Coverage is available only during a covered admission up to 30 days each plan year (10/01-9/30).</p>	<p>80% of the allowed amount, subject to the calendar year deductible</p> <p>Provides coverage only for short-term crisis intervention and only until the patient is stable enough to be moved to a PPO hospital.</p> <p>Precertification is required.</p>
Outpatient Physician Services	<p>100% of the allowed amount, subject to a \$10 copayment per day for up to 20 outpatient visits per plan year (10/1-9/30) at approved mental health facilities.</p> <p>100% of the allowed amount, subject to a \$50 office visit copay for up to 12 visits per year. No Major Medical deductible or balance billing. For a list of in-network providers, see <a href="http://AlabamaBlue.com">AlabamaBlue.com</a>.</p>	<p>50% of the allowed amount, subject to the calendar year deductible</p> <p>Limited to 10 visits each plan year (10/1-9/30)</p>
<b>Outpatient PPO Benefits</b>		
Intake and Evaluation	<p>Included in the combined 20-visit maximum per member each plan year</p> <p>OR</p> <p>Included in the combined 12-visit maximum per member per plan year when using In-network providers</p>	<p>\$10 copayment per visit</p> <p>\$50 copayment per visit; Not subject to Major Medical deductible or balance billing</p>
Individual and Family Therapy	Limited to 2 units per procedure per member each day (billed in 30 minute units)	\$10 per procedure

Crisis Intervention	Limited to 4 units per member each day (billed in 15 minute units)	\$10 per day
Psychometric Testing and Diagnostic Testing by Psychologist	Limited to 5 hours per member each plan year (billed in one hour units)	\$20 per day
Psychometric Testing and Diagnostic Testing by Technician	Limited to 5 hours per member each plan year (billed in one hour units)	\$20 per day
Psychometric Testing and Diagnostic Testing by Computer	Limited to 1 hour per member each plan year (billed in one hour units)	\$20 per day
Group Therapy	Limited to 2 hours per member each day (billed in 30 minute units)	\$5 per hour
Physician Assessment	Limited to 4 units per member each day (billed in 15 minute units)	\$10 per day
Substance Abuse Intensive Outpatient Program	Limited to 40 visits per member each plan year	No copayment
Partial Hospitalization	Limited to 90 visits per member each plan year	\$20 per day
Adult and Child Mental Illness Intensive Day Treatment	Limited to 50 visits per member each plan year	\$10 per day
Adult Rehabilitation Day Program	Limited to 35 visits per member each plan year	\$5 per day
Hospital Screening/After Hours	Limited to \$150 per day	No copayment
Medication Monitoring	Limited to 2 units per member per day (billed in 15 minute units)	No copayment
<b>SERVICE OR SUPPLY</b>	<b>IN-NETWORK PLAN PAYS</b>	<b>OUT-OF-NETWORK PLAN PAYS</b>
Medication Administration	Limited to \$14 per day	No copayment
Outpatient Non-PPO	10 visits per plan year, subject to the calendar year deductible	50% copayment

**Attention:** Inpatient hospital benefits for treatment of mental health disorders and substance abuse are available in the Alabama service area only if the hospital is an in-network provider.

The following services and supplies are not covered:

- Diagnosis or treatment of mental retardation;
- Rehabilitation of a temporary or permanent disability or for hearing or vision impairment;
- Treatment for chronic pain or solely for obesity;
- Services related to nicotine addiction;
- Sex therapy programs or treatment for sex offenders;
- Services or supplies furnished by a substance abuse facility (including a substance abuse residential facility), except for Alabama PPO facilities;
- Services or supplies furnished by a Residential Treatment Facility, except through Behavioral Health Case Management;

- Services provided by psychiatric specialty hospitals that do not participate with nor are considered members of any Blue Cross and/or Blue Shield plan, except for Alabama PPO facilities.

**EXHIBIT I: ALABAMA CERTIFIED MENTAL HEALTH CENTERS**

AltaPointe Health Systems 5750 A Southland Drive Mobile, AL 36693 251.450.5901	Eastside MHC 129 East Park Circle Birmingham, AL 35235 205.836.7283	Northwest Alabama MHC *** 1100 7th Avenue Jasper, AL 35501 205.387.0541
Alta Point Health Systems *** 372 South Greeno Road Fairhope, AL 36532-1905 251.990.4190	Gateway Family Counseling Center 1401 20th Street South Birmingham, AL 35205 205.510.2761	Riverbend Center for MH *** 635 West College Street Florence, AL 35630 256.764.3431
Brewer-Porch Children's Center 2501 Woodland Road Tuscaloosa, AL 35404 205.348.7236	Glenwood, Inc. 150 Glenwood Lane Birmingham, AL 35242 205.969.2880	South Central AL MHC ** 19815 Bay Branch Road Andalusia, AL 36420 877.530.0002 Access Number
Cahaba Center for MH/MR ** Reynolds Building 1017 Medical Center Parkway Selma, AL 36701 334.875.6068	Indian Rivers MHC** 2209 9th Street Tuscaloosa, AL 35401 205.391-3131	Southwest Al. Behavioral ** 328 West Claiborne Street Monroeville, AL. 36461
Calhoun-Cleburne MH Center ** 331 East 8th Street Anniston, AL 36207 256.236.3403	Jefferson-Blount-St. Clair MH/MR Authority 940 Montclair Road Suite 200 Birmingham, AL 35213 205.595.4555	Spectracare Health System ** 134 Prevatt Road Dothan, AL 36301 334.794-0731
Cheaha Regional MH Center ** 351 West 3rd Street Sylacauga, AL 35150 256.245.1340	Mental Health Care of Cullman 1909 Commerce Avenue NW Cullman, AL 35056 256.734.4688	UAB Community Psychiatry ** 4th Floor 908 20th Street South Birmingham, AL 35294 205.934.4108
Cherokee-Etowah-DeKalb MHC ** 425 5th Ave NW Attalla, AL 35954 256.492.7800	Mental Health Center of North Central Alabama 1316 Somerville Road SE Suite 1 Decatur, AL 35601 256.260.7324 800.365.6008 Access Number	West Alabama MH Center ** 1215 South Walnut Ave. Demopolis, AL 36732 334.289.2410
Chilton-Shelby MHC ** 151 Hamilton Ln Calera, AL 35040 205.668.4308	Montgomery Area MH Authority 2140 Upper Wetumpka Rd Montgomery, AL 36107 334.279.7830	Mountain Lakes Behavioral Healthcare** 2409 Homer Clayton Dr. Guntersville, AL 35976 256.582.3203
East Alabama MHC * ** 2506 Lambert Drive Opelika, Alabama 36801 (334) 742-2700 800.815.0630	East Central MH/MR Board** 200 Cherry Street Troy, AL 36081 334.566.6022	

\* Partial or Day Hospitalization

\* Intensive Outpatient Program

**EXHIBIT II: ALABAMA CERTIFIED MENTAL HEALTH CENTERS**

Alcohol and Drug Abuse Treatment Center** 2701 Jefferson Avenue SW (205) 923-6552	Chemical Addictions Program (CAP) 1155 Air Base Blvd. P.O. Box 9269 Montgomery, AL 36108-0269 (334) 323-3204	Center for Psychiatric Medicine*** 1713 6th Avenue South Birmingham, AL 35294 (205) 934-6054
Children's Outpatient Psychiatric Clinic*** 1600 7th Avenue South Birmingham, AL 35233 (205) 638-6245	Children's Lakeshore Outpatient Clinic*** 2204 Lakeshore Drive Suite 410 Birmingham, AL 35209 (205) 638-6245	Spain Rehab/Civitan MRI*** 1717 6th Avenue South Birmingham, AL 35233 (205) 934-4011
Family Medicine*** 930 20th Street South Birmingham, AL 35233 (205) 934-7055	Lighthouse Counseling Center*** 1415 East South Boulevard Montgomery, AL 36116 (334) 286-5980	The Bridge, Inc. *** 3232 Lay Springs Road Gadsden, AL 35901 (256) 546-6324
Center for Psychiatric Medicine*** Eye Foundation Hospital Psychiatric Clinic 3rd Floor 1720 University Blvd Birmingham, AL 35233 (205) 934-5151	Smolian Psychiatric Clinic*** 1700 7th Ave. South Birmingham, AL 35233 (205) 934-5151	1917 Clinic/Community Care*** 908 20th Street South Birmingham, AL 35233 (205) 934-1917
Sparks Center*** 1720 7th Avenue South Birmingham, AL 35233 (205) 934-1089	UAB Community Psychiatry*** 4th Floor 908 20th Street South Birmingham, AL 36732 (205) 934-4108	

\*\* Also approved for intensive outpatient program treatment

\*\*\* Locations may change without notice

**COMMUNITY MENTAL HEALTH CENTER & SUBSTANCE ABUSE AGENCIES  
ADOLESCENT INTENSIVE OUTPATIENT PROGRAMS**

<b>CENTER</b>	<b>COUNTY</b>
Baldwin County Mental Health Center	Baldwin
The Bridge, Inc.	Cullman/Dekalb/Mobile/Morgan/St. Clair/Tuscaloosa
The Cahaba Mental Health Center	Dallas/Perry/Wilcox
Calhoun/Cleburne Mental Health Center	Calhoun/Cleburne
Cheaha Mental Health Center	Clay/Coosa/Randolph/Talladega
Chemical Addictions Program	Montgomery
Chilton-Shelby Mental Health Center	Chilton/Shelby
Lighthouse Counseling Center	Autauga/Montgomery
Mental Health Center of Madison County	Madison
Mental Health Center of North Central AL	Morgan
Riverbend Center for Mental Health	Lauderdale
Spectracare Health Systems	Barbour/Dale/Geneva/Henry/Houston
West Alabama Mental Health Center	Choctaw/Greene/Hale/Marengo/Sumter