

# Mental Health Coding Tips



## Follow-Up Care for Children Prescribed ADHD Medication (ADD)

Children newly prescribed attention-deficit/hyperactivity disorder (ADHD) medication who had at least three follow-up care visits within a 10-month period, one of which was within 30 days of when the first ADHD medication was dispensed

**Intake Period:** Members ages 6 as of March 1 of the year prior to the measurement year to 12 as of the last calendar day of February of the measurement year

**Index Prescription Start Date (IPSD):** The earliest prescription dispensing date for an ADHD medication in which the date is in the Intake Period and there is a Negative Medication History

### Two rates reported:

Initiation Phase	Continuation and Maintenance (C&M) Phase
Members ages 6–12 as of the IPSD with an ambulatory prescription dispensed for ADHD medication, who had one follow-up visit with a practitioner with prescribing authority during the 30-day Initiation Phase <b>NOTE:</b> Do not count the Initiation Phase visit that occurred on the same day the ADHD medication was dispensed. <b>*Do not count</b> visits billed with a telehealth modifier/POS code.	Members ages 6–12 as of the IPSD with an ambulatory prescription dispensed for ADHD medication, who remained on the medication for at least 210 days and who, in addition to the visit in the Initiation Phase, had at least two follow-up visits with a practitioner within 270 days (9 months) of the end of the Initiation Phase <b>NOTE:</b> Only one of the two visits during the C&M Phase may be a <b>telehealth visit*</b> (during days 31–300)

### ADHD Medications

Description	Prescription
CNS stimulants	<ul style="list-style-type: none"> <li>Amphetamine-dextroamphetamine</li> <li>Dextroamphetamine</li> <li>Methylphenidate</li> <li>Dexmethylphenidate</li> <li>Lisdexamfetamine</li> <li>Methamphetamine</li> </ul>
Alpha-2 receptor agonists	<ul style="list-style-type: none"> <li>Clonidine</li> <li>Guanfacine</li> </ul>
Miscellaneous ADHD medications	<ul style="list-style-type: none"> <li>Atomoxetine</li> </ul>

### Follow-Up Visits

Visit Type	CPT®	HCPCS	Modifier	POS
Outpatient visit	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255			03, 05, 07, 09, 11-20, 22, 33, 49, 50, 71, 72
Behavioral health outpatient visit	99201-99205, 99211-99215, 99241-99245, 99341-993435, 99347-99349, 99381-99385, 99391-99395, 99401-99402	H0034, H2000, H2011, H2014, H2015, H2016, H2017, H2019, H2020, T1015		
Observation visit	99217, 99218, 99219, 99220			
Intensive outpatient encounter or partial hospitalization	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255	H0035, S0201		52
Community mental health center visit	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255			53
Telehealth visit*	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255		GT, 95	02

# Major Depressive Disorder

Patients who experience a depressive episode lasting **two or more weeks with at least five of the following symptoms**, resulting in significant distress or impairment **not** caused by substance abuse or another condition can be diagnosed with clinical depression.<sup>1</sup>

- Depressed mood\*
- Loss of interest or pleasure in most or all activities\*
- Feelings of worthlessness or guilt
- Suicidal ideation or self-harm
- Poor concentration
- Fatigue or low energy
- Significant weight or appetite change
- Insomnia or hypersomnia
- Psychomotor retardation or agitation

\*One of the five symptoms must be either depressed mood or loss of interest.

### **Depression not otherwise specified — F32.9<sup>2</sup>**

The condition is often more severe than the code suggests. Avoid broad terms and unspecified codes for a better awareness about the disease and the population it affects.

### **Document to highest degree and code to the highest specificity**

Include condition details

**Severity** — Mild, moderate, severe

**Episode** — Single, recurrent, in remission

- Patient does not have to be actively involved in treatment
- Depression is considered recurrent after the first single episode
- Depression is recurrent if they are currently on prescribed medication or receiving therapy services
- Consider “in remission” rather than “history of” if previously diagnosed with depression but currently without symptoms
- Document additional DSM-5 depression classifications (if applicable)
  - With mixed features — Manic symptoms are present but do not meet all criteria for a manic episode
  - With anxious distress — Presence of anxiety that affects prognosis, treatment and patient response

## Depression Screening Tools<sup>3</sup>

Mental Health America (MHA) has a number resources that focus on prevention, early identification and intervention for adults 18 and older. The PHQ-9 questionnaire<sup>4</sup> can be given to patients during a primary care encounter to screen for the presence and severity of depression.

PHQ-9 Depression Scoring, Plan & Diagnosis			
SCORE	SEVERITY	PROPOSED TREATMENT	ICD-10
0–4	None–Minimal	None: Not depressed/no personal history of depression	N/A
		In remission*: Patient is receiving treatment for depression but condition is stable and symptoms no longer meet criteria for major depression	See below
*If patient has been <i>previously diagnosed with depression</i> (regardless of severity), document as either <b>in partial or full remission</b> .		In partial remission	F32.4, F33.41
		In full remission	F32.5, F33.42
5–9	Mild	Watchful waiting: repeat PHQ-9 at follow up visit	F32.0, F33.0
10–14	Moderate	Treatment plan: consider counseling and/or medication, follow up visits	F32.1, F33.1
15–19	Moderately Severe	Active treatment: pharmacotherapy and/or psychotherapy, follow up visits	F32.1, F33.1 F32.2, F33.2
20–27	Severe	Immediate initiation of pharmacotherapy, expedited referral to mental health specialist for psychotherapy and/or collaborative management	F32.2, F33.2 F32.3, F33.3

1 American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders (DSM-5), 5th edition, 2013

2 ICD-10-CM Official Guidelines for Coding and Reporting

3 <https://screening.mentalhealthamerica.net>

4 PHQ-9 © 2002–2019 Pfizer, Inc. PHQ Screeners site is expressly exempt from Pfizer’s general copyright restrictions; content found on PHQ Screeners is free to use and download.

## Antidepressant Medication Management (AMM)

Members 18 and older who were treated with antidepressant medication, had a diagnosis of major depression, and who remained on an antidepressant medication treatment

### Two rates reported:

Effective Acute Phase Treatment	Effective Continuation Phase Treatment
Members who remained on an antidepressant medication for at least 84 days (12 weeks)	Members who remained on an antidepressant medication for at least 180 days (6 months)

Antidepressant Medications	
Description	Prescription
Miscellaneous antidepressants	• Bupropion • Vilazodone • Vortioxetine
Monoamine oxidase inhibitors	• Isocarboxazid • Phenelzine • Selegiline • Tranylcypromine
Phenylpiperazine antidepressants	• Nefazodone • Trazodone
Psychotherapeutic combinations	• Amitriptyline-chlordiazepoxide • Amitriptyline-perphenazine • Fluoxetine-olanzapine
SNRI antidepressants	• Desvenlafaxine • Duloxetine • Levomilnacipran • Venlafaxine
SSRI antidepressants	• Citalopram • Escitalopram • Fluoxetine • Fluvoxamine • Paroxetine • Sertraline
Tetracyclic antidepressants	• Maprotiline • Mirtazapine
Tricyclic antidepressants	• Amitriptyline • Desipramine • Imipramine • Nortriptyline • Trimipramine • Amoxapine • Clomipramine • Doxepin (>6 mg) • Protriptyline

## Use of Multiple Concurrent Antipsychotics in Children and Adolescents (APC)

Children and adolescents ages 1-17 who were treated with antipsychotic medications and were on two or more concurrent antipsychotic medications for at least 90 consecutive days during the measurement year

**NOTE:** A lower rate indicates better performance. The goal is to limit multiple concurrent antipsychotic use in children and adolescents.

Antipsychotic Medications	
Description	Prescription
Miscellaneous antipsychotic agents (oral)	• Aripiprazole • Asenapine • Brexpiprazole • Cariprazine • Clozapine • Haloperidol • Iloperidone • Loxapine • Lurasidone • Molindone • Olanzapine • Paliperidone • Pimozide • Quetiapine • Quetiapine fumarate • Risperidone • Ziprasidone
Phenothiazine antipsychotics (oral)	• Chlorpromazine • Fluphenazine • Perphenazine • Perphenazine-amitriptyline • Prochlorperazine • Thioridazine • Trifluoperazine
Thioxanthenes (oral)	• Thiothixene
Long-acting injections	• Aripiprazole • Fluphenazine decanoate • Haloperidol decanoate • Olanzapine • Paliperidone palmitate • Risperidone

# Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

Children and adolescents ages 1–17 who had two or more antipsychotic prescriptions and had metabolic testing

## Three rates reported:

Blood Glucose or HbA1c Testing	Cholesterol Testing	Both Glucose and Cholesterol Testing
Children and adolescents on antipsychotics who received blood glucose testing	Children and adolescents on antipsychotics who received cholesterol testing	Children and adolescents on antipsychotics who received both blood glucose and cholesterol testing

### APM Antipsychotic Medications

Description	Prescription
Miscellaneous antipsychotic agents (oral)	<ul style="list-style-type: none"> <li style="margin-right: 10px;">• Aripiprazole</li> <li style="margin-right: 10px;">• Asenapine</li> <li style="margin-right: 10px;">• Brexpiprazole</li> <li style="margin-right: 10px;">• Cariprazine</li> <li style="margin-right: 10px;">• Clozapine</li> <li style="margin-right: 10px;">• Haloperidol</li> <li style="margin-right: 10px;">• Iloperidone</li> <li style="margin-right: 10px;">• Loxapine</li> <li style="margin-right: 10px;">• Lurasidone</li> <li style="margin-right: 10px;">• Molindone</li> <li style="margin-right: 10px;">• Olanzapine</li> <li style="margin-right: 10px;">• Paliperidone</li> <li style="margin-right: 10px;">• Pimozide</li> <li style="margin-right: 10px;">• Quetiapine</li> <li style="margin-right: 10px;">• Quetiapine fumarate</li> <li style="margin-right: 10px;">• Risperidone</li> <li style="margin-right: 10px;">• Ziprasidone</li> </ul>
Phenothiazine antipsychotics (oral)	<ul style="list-style-type: none"> <li style="margin-right: 10px;">• Chlorpromazine</li> <li style="margin-right: 10px;">• Fluphenazine</li> <li style="margin-right: 10px;">• Perphenazine</li> <li style="margin-right: 10px;">• Thioridazine</li> <li style="margin-right: 10px;">• Trifluoperazine</li> </ul>
Thioxanthenes (oral)	<ul style="list-style-type: none"> <li>• Thiothixene</li> </ul>
Long-acting injections	<ul style="list-style-type: none"> <li style="margin-right: 10px;">• Aripiprazole</li> <li style="margin-right: 10px;">• Fluphenazine decanoate</li> <li style="margin-right: 10px;">• Haloperidol decanoate</li> <li style="margin-right: 10px;">• Olanzapine</li> <li style="margin-right: 10px;">• Paliperidone palmitate</li> <li style="margin-right: 10px;">• Risperidone</li> </ul>

### Antipsychotic Combination Medications

Description	Prescription
Psychotherapeutic combinations	<ul style="list-style-type: none"> <li style="margin-right: 10px;">• Fluoxetine-olanzapine</li> <li style="margin-right: 10px;">• Perphenazine-amitriptyline</li> </ul>

### Prochlorperazine Medications

Description	Prescription
Phenothiazine antipsychotics	<ul style="list-style-type: none"> <li>• Prochlorperazine</li> </ul>

### Diabetes Monitoring: An HbA1c test performed during the measurement year

Test Type	CPT®	CPT® II	LOINC®
HbA1c Lab Test	83036		17856-6, 4548-4, 4549-2
HbA1c Test Result or Finding		3044F, 3046F	
Glucose Lab Test	80047, 80048, 80050, 80053, 80069, 82947, 82950, 82951		10450-5, 1492-8, 1494-4, 1496-9, 1499-3, 1501-6, 1504-0, 1507-3, 1514-9, 1518-0, 1530-5, 1533-9, 1554-5, 1557-8, 1558-6, 17865-7, 20436-2, 20437-0, 20438-8, 20440-4, 26554-6, 41024-1, 49134-0, 6749-6, 9375-7

### Cardiovascular Monitoring: An LDL-C or cholesterol test performed during the measurement year

Test Type	CPT®	CPT® II	LOINC®
Cholesterol/LDL-C Lab Test	80061, 82465, 83700, 83701, 83704, 83718, 83721, 84478		12773-8, 13457-7, 18261-8, 18262-6, 2085-9, 2089-1, 2093-3, 2571-8, 3043-7, 49132-4, 55440-2, 9830-1
LDL-C Test Result or Finding		3048F, 3049F, 3050F	

## Use of First-Line Psychosocial Care for Children and Adolescents on Antipsychotics (APP)

Children and adolescents ages 1–17 who had a new prescription for an antipsychotic medication and had documentation of psychosocial care as first-line treatment on or between January 1 and December 1 of the measurement year

APP Antipsychotic Medications			
Description	Prescription		
Miscellaneous antipsychotic agents (oral)	<ul style="list-style-type: none"> <li>• Aripiprazole    • Asenapine    • Brexpiprazole    • Cariprazine    • Clozapine    • Haloperidol    • Iloperidone</li> <li>• Loxapine    • Lurasidone    • Molindone    • Olanzapine    • Paliperidone    • Pimozide    • Quetiapine</li> <li>• Quetiapine fumarate    • Risperidone    • Ziprasidone</li> </ul>		
Phenothiazine antipsychotics (oral)	<ul style="list-style-type: none"> <li>• Chlorpromazine    • Fluphenazine    • Perphenazine    • Thioridazine    • Trifluoperazine</li> </ul>		
Thioxanthenes (oral)	<ul style="list-style-type: none"> <li>• Thiothixene</li> </ul>		
Long-acting injections	<ul style="list-style-type: none"> <li>• Aripiprazole    • Fluphenazine decanoate    • Haloperidol decanoate    • Olanzapine    • Paliperidone palmitate</li> <li>• Risperidone</li> </ul>		
Antipsychotic Combination Medications			
Description	Prescription		
Psychotherapeutic combinations	<ul style="list-style-type: none"> <li>• Fluoxetine-olanzapine    • Perphenazine-amitriptyline</li> </ul>		
Psychosocial Care			
Visit Type	CPT®	HCPCS	Modifier
Psychosocial Care	90832-90834, 90836-90840, 90846-90847, 90849, 90853	H0035, H0038, H2000, H2011, H2014, H2017, H2018, H2020	

### For additional resources, contact our quality improvement team at [QI\\_AR\\_HEDIS@centene.com](mailto:QI_AR_HEDIS@centene.com)

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## Follow-Up After Hospitalization for Mental Illness (FUH)

Members ages 6 years and older who were hospitalized for treatment of selected mental illness or intentional self-harm diagnoses, and who had a follow-up visit with a mental health practitioner on or between January 1 and December 1 of the measurement year

### Two rates reported:

7-Day Follow-Up	30-Day Follow-Up
Members who received a follow-up visit with a mental health practitioner within 7 days of being discharged	Members who received a follow-up visit with a mental health practitioner within 30 days of being discharged
<b>NOTE:</b> Do not include visits that occur on the date of discharge	<b>NOTE:</b> Do not include visits that occur on the date of discharge

Follow-Up Visits			
Visit Type	CPT®	HCPCS	POS
Outpatient visit with a mental health practitioner	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99201-99205, 99211-99215, 99221-99223, 99231-99233, 99238, 99241-99245, 99251-99255, 99341-99343, 99347-99349, 99381-99385, 99391-99395, 99401, 99402	H0034, H2000, H2011, H2014, H2015, H2016, H2017, H2019, H2020, T1015	03, 05, 07, 09, 11-20, 22, 33, 49, 50, 71, 72
Intensive outpatient encounter or partial hospitalization with a mental health practitioner	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255	H0035	52
Community mental health center visit with a mental health practitioner	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255		53
Electroconvulsive therapy with a mental health practitioner	90870		03, 05, 07, 09, 11-20, 22, 24, 33, 49, 50, 52, 53, 71, 72
Telehealth visit with a mental health practitioner	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255		02
Observation visit with a mental health practitioner	99217, 99218, 99219, 99220		

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## Follow-Up After Emergency Department Visit for Mental Illness (FUM)

Members ages 6 and older who went to the emergency department (ED) with a principal diagnosis of mental illness or intentional self-harm, and who had a follow-up visit for mental illness on or between January 1 and December 1 of the measurement year

### Two rates reported:

7-Day Follow-Up	30-Day Follow-Up
Members who had a follow-up visit with any practitioner within 7 days of the ED visit (8 total days)	Members who had a follow-up visit with any practitioner within 30 days of the ED visit (31 total days)
<b>NOTE:</b> Can include visits that occur on the date of the ED visit	<b>NOTE:</b> Can include visits that occur on the date of the ED visit

Follow-Up Visits			
Visit Type	CPT®	HCPCS	POS
Outpatient visit with a principal diagnosis of mental health disorder	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99201-99205, 99211-99215, 99221-99223, 99231-99233, 99238, 99241-99245, 99251-99255, 99341-99343, 99347-99349, 99381-99385, 99391-99395, 99401, 99402	H0034, H2000, H2011, H2014, H2015, H2016, H2017, H2019, H2020, T1015	03, 05, 07, 09, 11-20, 22, 33, 49, 50, 71, 72
Intensive outpatient encounter or partial hospitalization with a principal diagnosis of mental health disorder	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255	H0035	52
Community mental health center visit with a principal diagnosis of mental health disorder	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255		53
Electroconvulsive therapy with a principal diagnosis of mental health disorder	90870		03, 05, 07, 09, 11-20, 22, 24, 33, 49, 50, 52, 53, 71, 72
Telehealth visit with a principal diagnosis of mental health disorder	90791, 90792, 90832-90834, 90836-90840, 90847, 90849, 90853, 99221-99223, 99231-99233, 99238, 99251-99255		02
Observation visit with a principal diagnosis of mental health disorder	99217, 99218, 99219, 99220		

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## Schizophrenia

This condition affects the way a person thinks, feels and acts. It makes it difficult to differentiate between what is real and what is not. Symptoms may vary by severity and type. All symptoms may or may not be present in individuals with the condition.

## Schizoaffective Disorders

These disorders are characterized by having symptoms of both schizophrenia and mood disorders (e.g., depression, bipolar disorder) alternating from delusions or hallucinations to the predominant mood disorder symptoms during the active period of the condition. ICD-10 codes are categorized by the manifestation.

Schizophrenia Symptoms <sup>1</sup>		
Hallucinations	Lack of focus	Disorganized thoughts
Delusions	Impaired memory	Unmodulated speech
Task completion difficulty	Movement disorders	

<sup>1</sup> www.nimh.nih.gov National Institute of Mental Health Schizophrenia Signs & Symptoms

**Detailed documentation is necessary for accurate ICD-10 assignment.**

Schizophrenia		Schizoaffective Disorders	
ICD-10	Manifestation	ICD-10	Type
F20.0	Paranoid	F25.0	Bipolar type
F20.1	Disorganized		
F20.2	Catatonic	F25.1	Depressive type
F20.3	Undifferentiated		
F20.5	Residual	F25.8	Other schizoaffective disorders
F20.81	Schizophreniform disorder		
F20.89	Other schizophrenia		
F20.9	Schizophrenia, unspecified	F25.9	Schizoaffective disorder, unspecified

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## Adherence to Antipsychotic Medications for Individuals with Schizophrenia (SAA)

Members 18 years of age and older during the measurement year with schizophrenia or schizoaffective disorder who were dispensed and remained on an antipsychotic medication for at least 80% of their treatment period

Long-Acting Injections	
HCPCS: C9037, J0401, J1631, J2358, J2426, J2680, J2794	
Description	Prescription
Long-acting injections — 14-day supply	• Risperidone
Long-acting injections — 28-day supply	• Aripiprazole • Fluphenazine decanoate • Haloperidol decanoate • Olanzapine • Paliperidone palmitate
Long-acting injections — 30-day supply	• Risperidone (Perseris)
Dementia Medications	
Description	Prescription
Cholinesterase inhibitors	• Donepezil • Galantamine • Rivastigmine
Miscellaneous central nervous system agents	• Memantine
Oral Antipsychotic Medications	
Description	Prescription
Miscellaneous antipsychotic agents (oral)	• Aripiprazole • Asenapine • Brexpiprazole • Cariprazine • Clozapine • Haloperidol • Iloperidone • Loxapine • Lurasidone • Molindone • Olanzapine • Paliperidone • Pimozide • Quetiapine • Quetiapine fumarate • Risperidone • Ziprasidone
Phenothiazine antipsychotics (oral)	• Chlorpromazine • Fluphenazine • Perphenazine • Prochlorperazine • Thioridazine • Trifluoperazine
Psychotherapeutic combinations (oral)	• Amitriptyline-perphenazine
Thioxanthenes (oral)	• Thiothixene

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## Diabetic Screening for People with Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications (SSD)

Members ages 18–64 with schizophrenia, schizoaffective disorder, or bipolar disorder who were dispensed an antipsychotic medication and had a diabetes screening test during the measurement year

Oral Antipsychotic Medications			
Description		Prescription	
Miscellaneous antipsychotic agents (oral)		<ul style="list-style-type: none"> <li>• Aripiprazole    • Asenapine    • Brexpiprazole    • Cariprazine    • Clozapine    • Haloperidol    • Iloperidone</li> <li>• Loxapine    • Lurasidone    • Molindone    • Olanzapine    • Paliperidone    • Quetiapine    • Quetiapine fumarate</li> <li>• Risperidone    • Ziprasidone</li> </ul>	
Phenothiazine antipsychotics (oral)		<ul style="list-style-type: none"> <li>• Chlorpromazine    • Fluphenazine    • Perphenazine    • Prochlorperazine    • Thioridazine    • Trifluoperazine</li> </ul>	
Psychotherapeutic combinations (oral)		<ul style="list-style-type: none"> <li>• Amitriptyline-perphenazine</li> </ul>	
Thioxanthenes (oral)		<ul style="list-style-type: none"> <li>• Thiothixene</li> </ul>	
Long-Acting Injections			
HCPCS: C9037, J0401, J1631, J2358, J2426, J2680, J2794			
Description		Prescription	
Long-acting injections — 14-day supply		<ul style="list-style-type: none"> <li>• Risperidone</li> </ul>	
Long-acting injections — 28-day supply		<ul style="list-style-type: none"> <li>• Aripiprazole    • Fluphenazine decanoate    • Haloperidol decanoate    • Olanzapine    • Paliperidone palmitate</li> </ul>	
Long-acting injections — 30-day supply		<ul style="list-style-type: none"> <li>• Risperidone (Perseris)</li> </ul>	
Diabetes Monitoring			
Test Type	CPT®	CPT® II	LOINC®
HbA1c Lab Test	83036		17856-6, 4548-4, 4549-2
HbA1c Test Result or Finding		3044F, 3046F	
Glucose Lab Test	80047, 80048, 80050, 80053, 80069, 82947, 82950, 82951		10450-5, 1492-8, 1494-4, 1496-9, 1499-3, 1501-6, 1504-0, 1507-3, 1514-9, 1518-0, 1530-5, 1533-9, 1554-5, 1557-8, 1558-6, 17865-7, 20436-2, 20437-0, 20438-8, 20440-4, 26554-6, 41024-1, 49134-0, 6749-6, 9375-7

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**NOTE:** The information listed in this document is not all-inclusive and is intended as a reference only. Please refer to current ICD-10/CPT®/HCPCS Coding and Documentation Guidelines at [www.cms.gov](http://www.cms.gov). HEDIS® measures can be found at [www.ncqa.com](http://www.ncqa.com)

# Bipolar Disorder<sup>1</sup>

Bipolar disorder and depression *should not be coded together*. Depression is considered inclusive of bipolar disorder per ICD-10 Excludes1 guidelines.<sup>2</sup>

## Differential Diagnosis

Bipolar 1		Bipolar 2	
Marked by <i>manic</i> episodes		Marked by <i>hypomanic</i> episodes	
Hospitalization due to <i>mania</i> likely		Hospitalization due to <i>hypomania</i> less likely	
Psychosis may occur during <i>manic</i> episodes		Psychosis unlikely to occur during <i>hypomania</i>	
One or more <i>manic</i> episodes often accompanied by depressive episodes; may be accompanied by psychosis		One or more <i>hypomanic</i> episodes accompanied by <i>at least</i> one major depressive episode	
Cyclothymia		Mixed	
Two-year period of cycling hypomanic and depressive symptoms that fail to meet DSM-5 criteria for major depressive disorder		Meets criteria for manic and depressive episodes almost every day for <i>at least</i> one week	
ICD-10	Description	ICD-10	Description
F31.0	Hypomanic	F31.6-	Mixed features
F31.1-	Manic <i>without</i> psychotic features	F31.7-	In remission
F31.2-	Manic severe <i>with</i> psychotic features	F31.81	Bipolar Type 2
F31.3-	Depressed, mild or moderate severity	F31.89	Other bipolar disorder
F31.4-	Depressed, severe, <i>without</i> psychotic features		
F31.5-	Depressed, severe, <i>with</i> psychotic features	F31.9	Manic depression unspecified

## Clinical Features and Symptoms

Mania	Hypomania	Depression
<ul style="list-style-type: none"> <li>Flight of ideas or racing thoughts</li> <li>Constant changes in plans</li> <li>Inflated self-esteem</li> <li>Overconfidence</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty concentrating</li> <li>Difficulty making decisions</li> <li>Over-familiarity</li> <li>Changes in psychomotor activity</li> </ul>	<ul style="list-style-type: none"> <li>Lasting sad, anxious, and/or empty mood</li> <li>Thoughts, plans, or attempts of suicide</li> <li>Thoughts, plans, or attempts of self-harm</li> <li>Changes to appetite, eating, weight</li> <li>Disturbances to sleep/wake cycle</li> <li>Feelings of guilt and worthlessness</li> </ul>
Increased	Increased	Increased
<ul style="list-style-type: none"> <li>Activity or restlessness</li> <li>Energy and irritability</li> <li>High-risk, reckless behavior</li> <li>Talkativeness and rate of speech</li> <li>Distractability</li> <li>Poor attention span</li> <li>Goal-directed activity</li> <li>Psychomotor agitation</li> </ul>	<ul style="list-style-type: none"> <li>Energy and activity</li> <li>Sociability/talkativeness</li> <li>High-risk, reckless behavior</li> <li>Sexual energy</li> <li>Distractability</li> </ul>	<ul style="list-style-type: none"> <li>Tiredness</li> <li>Restlessness and irritability</li> </ul>
Decreased	Decreased	Decreased
<ul style="list-style-type: none"> <li>Normal social inhibitions</li> <li>Need for sleep</li> </ul>	<ul style="list-style-type: none"> <li>Need for sleep</li> </ul>	<ul style="list-style-type: none"> <li>Energy and activity</li> <li>Enjoyment, interest and concentration</li> <li>Mood (varies by day and circumstances)</li> <li>Self-esteem and self-confidence</li> </ul>
<b>with Psychotic Features</b>		
<ul style="list-style-type: none"> <li>Grandiose ideas</li> <li>Delusions/hallucinations</li> </ul>		

### Bipolar and related mood disorder due to known physiological condition:

- *With* manic features (F06.33)
- *With* manic- or hypomanic-like episodes (F06.34)
- *With* mixed features (F06.34)
- Unspecified (F06.30)

### Hypomania (Bipolar Type 2)

Symptoms same as mania, but episodes do **not**:

- Cause marked impairment and/or disruption to work
- Require hospitalization

<sup>1</sup> American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders (DSM-5), 5th edition, 2013

<sup>2</sup> ICD-10-CM Official Guidelines for Coding and Reporting