

SUMMARY PLAN DESCRIPTION LANGUAGE

Summary Plan Description Language: Healthy Pregnancy (Screening, Testing, Counseling, Preventive Medication, and Treatment)

Alcohol Misuse (Screening)

Covered Screening

Screening for alcohol misuse is a covered benefit. Coverage includes the use of validated screening tools such as the:

- AUDIT
- AUDIT-C
- TWEAK
- T-ACE

Initiation, Cessation, and Interval

Screening is a covered benefit during pregnancy. Normal-risk women may be screened once per pregnancy. Patients at greater risk for alcohol problems, either because they have a history of past alcohol misuse or report other risky behaviors, qualify for multiple screenings during pregnancy.

Summary Plan Description Language: Alcohol Misuse (Counseling)

Covered Counseling

Counseling for alcohol misuse during pregnancy is a covered benefit. Three levels of counseling are covered:

- “Very brief” interventions that last up to 5 minutes and have no follow-up.
- “Brief” counseling interventions that last 15 minutes and have no follow-up.
- “Multi-contact” interventions that include one initial session lasting at least 15 minutes that is followed by several additional contacts.

Initiation, Cessation, and Interval

Eight (8) counseling sessions are covered per calendar year. Intervals between counseling sessions are at the discretion of the provider. These covered visits are not intended to supplant mental health or addiction treatment coverage.