



Policy Name	Psychological and Neuropsychological Testing Criteria - 2023
Policy Number	20.5.004
Issued By	Chief Medical Officer
Approved By	Corporate Quality Improvement Committee
Original Effective Date	01/23
Revision Dates	
Review Dates	

## **Purpose**

To provide authorization parameters for benefit approval of Psychological and Neuropsychological Testing so that benefit decisions are applied in a consistent and relevant fashion.

## **Definitions**

N/A

## **Scope**

This policy applies to all Workforce Members of New Directions involved in clinical services, and Providers that service New Directions' Members. This policy applies to benefits administered in plan year 2023.

## **Policy**

### A. Expectations of Care Delivery

1. The requested time for administration, scoring and interpretation of the proposed testing battery must be consistent with the time requirements indicated by the test publisher.
2. The qualified health professional responsible for the development of the test battery will adhere to CPT code definitions for screening tests, psychological tests, neuropsychological tests, use of technicians, and machine-administered tests.

### B. Initial Authorization Request

#### **Must meet all of the following:**

1. An initial face-to-face complete diagnostic assessment has been completed.
2. The proposed battery of tests is individualized to meet the member's needs and to answer the specific diagnostic/clinical questions identified by the diagnostic assessment.
3. The proposed battery of tests is standardized and has nationally accepted validity and reliability.
4. Testing is administered and interpreted by a licensed psychologist or other qualified mental health provider (as defined by applicable State and Federal law and scope of

practice). Technician-administered and/or computer-assisted testing may be allowed under the direct supervision of a licensed psychologist or other qualified mental health provider. Neuropsychological testing must be supervised and interpreted by a licensed psychologist with specialization in neuropsychology.

5. The requested tests must have normative data and suitability for use with the member's age group, culture, primary language and developmental level.
6. At the completion of the testing, a comprehensive report is generated that includes the tests used, scores, and an in-depth summary of the findings of the assessment.
7. The member is capable of participating in the selected battery of tests.
8. The results of the proposed testing can reasonably be expected to contribute to the development and implementation of an individualized treatment plan.

## **Exceptions**

Exceptions to this policy may be granted on a case-by-case basis and must be approved by the Chief Medical Officer, or designee.

## **References**

American Psychological Association (2019). *2019 Psychological and Neuropsychological Testing Billing and Coding Guide*.

## **Related Documents**

N/A