

CPT Coding Options: Cognitive-Behavioral Treatment for Insomnia

Model Using a Psychologist and Psychotherapy Codes

Treatment	Codes	Questions for Insurer
Initial Session	90791 (Clinical Intake) and 96101 (Psychological Testing)*	<ol style="list-style-type: none"> 1. Reimbursement rate for each code? 2. *Can 90791 be coded in conjunction with 96101 at same visit on same day 3. Any modifier codes needed?
Subsequent Sessions	90832 (30 min therapy) 90834 (45 min therapy) 90836 (60 min therapy)	<ol style="list-style-type: none"> 1. Reimbursement rate? 2. Number of sessions allowed per year

Model Using a Psychologist and H&B Codes (Health & Behavior Codes)

Treatment	Codes	Questions for Insurer
Initial Session	96150 (Clinical Intake); you will bill 4 to 8 units; it is 1 unit per 15 minute time frame Decide if to include all time under 96150 or whether to add some 96101 for the testing portion	<ol style="list-style-type: none"> 1. Do you cover this code (it will not be covered under mental health portion of plan but under medical portion of plan) 2. Reimbursement rate for code? 3. Is there a limit to how many units can be billed per use of this code on a day for same visit? 4. Can 96101 be coded in addition at same visit? This may be disallowed because H&B means no psychological diagnosis
Subsequent Sessions	96152 (intervention in 15 minute increment units)	<ol style="list-style-type: none"> 1. Do you cover this code? 2. Reimbursement Rate? 3. Any limitations to using this code?

Model Using a Physician/Nurse Practitioner

Treatment	Codes	Questions for Insurer
Initial Session	99204 or 99205 (depending on your level of documentation) with option to add psychotherapy add-on code like 90833 Or 90792	<ol style="list-style-type: none"> 1. Reimbursement rate for codes? 2. You may have a tough time justifying use of add-on psychotherapy codes if you are not a psychiatrist or a psychiatric nurse practitioner trained in behavioral health.
Subsequent Sessions	99212 or 99213 or 99214 with 90833/6/8 add-on codes if medical services are provided and psychotherapy 90832 (30 minute) or 90834 (45 minute) or 90836 (60 minute) if no medical services are provided (rare)	<ol style="list-style-type: none"> 1. Reimbursement Rate?