

## Changes to Pre-Authorization Requirements for Uniform Medical Plans in 2020

By Susan Rosen and Julie Johnson  
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Uniform Medical Plans have some new pre-authorization guidelines that started on March 1, 2020. Any CPT codes associated with physical, speech and occupational therapy services under the Physical Medicine Program are subject to “*pre-authorization for more than six visits per injury or episode of treatment...*”

The codes under Physical Medicine that require authorization after six visits are:

92507, 92508, 92521, 92522, 92523, 92524, 92526, 92597,  
92607, 92608, 92609, 92610, 92626, 92627, 92630, 92633,  
95851, 95852, 96105, 97012, 97014, 97016, 97018, 97022,  
97024, 97026, 97028, 97032, 97033, 97034, 97035, 97036,  
97039, 97110, 97112, 97113, 97116, 97129, 97130, 97139,  
97150, 97161, 97162, 97163, 97164, 97165, 97166, 97167,  
97168, 97530, 97542, 97750, 97755, 97760, 97761, 97763,  
97799, G0151, G0152, G0157, G0158, G0159, G0160, G0283,  
S8950, S9128, S9129, S9131, S9152

Note: Members aged 17 and younger: Select pediatric diagnosis codes are excluded

The CPT code 97112, used by some of our LMT members, is subject to the new pre-authorization rules. Our recommendation for best practices is to use the pre-authorization tool in Availity and it will direct you if authorization is required. Pre-authorization should be obtained from EviCore for these services.

For more information on the definition and proper use of the code 97112, please see our article on [Massage Coding and Documentation](#).

The CPT codes 97124 & 97140 for massage services are not subject to these new pre-authorization rules. The new documentation for 2020 benefits on the Uniform Medical Plans can be found online. There are slight variations in the language and benefits pertaining specifically to Massage Therapy depending on your client’s specific plan. **Most** read as follows:

### **Massage Therapy**

*The plan pays the standard rate for up to 16 massage therapy visits per calendar year for covered diagnoses when you see a preferred provider. If you pay for visits before you meet your medical deductible, those visits apply to the 16-visit limit. You must have a prescription for massage therapy treatment from another covered provider type, such as a physician. Massage therapy is not covered by the plan when you see a participating or out-of-network provider. Only preferred massage therapists are covered.*

NOTE: They are distinguishing between **preferred, participating** and **out-of-network** providers. In this version, only preferred is covered. There is some variation in the other plans. We have been informed that in Washington, almost all contracts with UMP/Regence are Preferred (PPO) contracts. It is very rare that a provider is not issued a PPO contract. If you have any concerns, contact UMP/Regence.

We have provided links to the full document of each plan here for your convenience.

2020 UMP Classic (PEBB) Certificate of Coverage

<https://www.hca.wa.gov/assets/ump/ump-classic-pebb-coc-2020.pdf>

2020 UMP Plus–Puget Sound High Value Network (PEBB) Certificate of Coverage for Public Employees

<https://www.hca.wa.gov/assets/ump/ump-plus-pshvn-pebb-coc-2020.pdf>

2020 UMP Plus–Puget Sound High Value Network (PEBB) Certificate of Coverage for School Employees

<https://www.hca.wa.gov/assets/ump/ump-plus-pshvn-sebb-coc-2020.pdf>

2020 UMP Consumer-Directed Health Plan (PEBB) Certificate of Coverage

<https://www.hca.wa.gov/sites/default/files/ump/ump-cdhp-pebb-coc-2020.pdf>

2020 UMP Achieve 1 (SEBB) Certificate of Coverage

<https://www.hca.wa.gov/assets/ump/ump-achieve-1-sebb-coc-2020.pdf>

2020 UMP Achieve 2 (SEBB) Certificate of Coverage

<https://www.hca.wa.gov/sites/default/files/ump/ump-achieve-2-sebb-coc-2020.pdf>

For the full documentation of the new Pre-Authorization guidelines and list of the Physical Medicine Program codes can be found at

<https://www.regence.com/provider/pre-authorization/ump>

For more details about the Physical Medicine Program for the Uniform Medical Plans and Regence, you can go to

<https://www.regence.com/provider/programs/medical-management/physical-medicine>

Disclaimer: These statements and external links have not been reviewed by an attorney and are our best interpretation of the new rules and information provided by UMP and Regence as WSMTA understood it at the time this article was written (Early March 2020). We encourage you to contact UMP/Regence representatives, consult their website or use Availity to confirm authorization requirements. WSMTA and its representatives assume no responsibility for errors.

