

Parity Services

What is Mental Health Parity?

The federal **Mental Health Parity and Addiction Equity Act** requires that group health plan coverage of behavioral health conditions be “no more restrictive” than “predominant” medical benefits. While the law provides patients with greater access to behavioral health treatment, it has the potential to increase health plan costs.

What can health plans do to ensure compliance *without* increasing costs?

When behavioral healthcare is well managed and integrated, patients have greater access to treatment, and health plans comply with federal and state requirements, all while lowering costs.

Drawing on experience in states such as Texas, Ohio and North Carolina, **HCSpecialists** provides guidance on influencing utilization—without restricting access to treatment. Our approach to parity has reduced health care provider costs by as much as half, while increasing access to care and member satisfaction. The National Institute of Mental Health recognized one plan’s success in a report to Congress.

HCSpecialists collaborates with health plans to:

- ✓ **Assess compliance with parity regulations and state coverage mandates**
- ✓ **Communicate parity’s implications to members, providers, and other stakeholders**
- ✓ **Apply evidence-based medical necessity criteria to effectively manage utilization of behavioral health services**
- ✓ **Identify high-risk or high-cost patients and cases with medical-behavioral co-morbidity**
- ✓ **Adopt intervention and prevention programs to improve patient outcomes and promote treatment at lower levels of care**

HCSpecialists is a California-based business collaborating with healthcare organizations to optimize resources and improve patient outcomes. We tailor evidence-based best practices in behavioral health to the specific needs of local and national healthcare plans, insurers, providers and leaders in public health. For more information about how **HCSpecialists** can help your plan achieve compliance with mental health parity, visit our website: www.hcspecialists.com or email info@hcspecialists.com.