



TRICARE® Autism Care Demonstration

Coverage of Applied Behavior Analysis for beneficiaries with Autism Spectrum Disorder

TRICARE covers medical and behavior modification services for beneficiaries diagnosed with Autism Spectrum Disorder (ASD). ASD affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination, and the establishment of relationships with others. Services covered under your TRICARE benefit include occupational therapy, physical therapy, physician services, psychological services, psychological testing, prescription drugs, and speech therapy.

Applied Behavior Analysis (ABA) is another covered benefit, and it uses behavior modification principles, such as positive reinforcement, to increase or decrease targeted behaviors. ABA can help develop skills, such as speech, self-help, and play. It can also help to decrease behaviors such as aggression or self-injury. ABA is covered under the Comprehensive Autism Care Demonstration (Autism Care Demonstration), separate from the TRICARE medical benefit that provides coverage of the medical services listed above. All TRICARE beneficiaries who qualify to receive ABA services are covered under the demonstration.

AUTISM CARE DEMONSTRATION ELIGIBILITY

ABA services are covered under the Autism Care Demonstration for all qualifying dependents of active duty service members (ADSMs), retirees, and certain National Guard and Reserve members. This includes beneficiaries of the following programs:

- TRICARE Prime options
- TRICARE Standard and TRICARE Extra
- TRICARE Reserve Select (*member-and-family coverage*)
- TRICARE Retired Reserve (*member-and-family coverage*)
- TRICARE For Life
- TRICARE Young Adult
- Transitional Assistance Management Program
- Continued Health Care Benefit Program (*for beneficiaries no longer eligible for TRICARE*)

To qualify for covered ABA services under the Autism Care Demonstration, your dependent, or child, must also:

- Have been diagnosed with ASD by a TRICARE-authorized Approved ASD-Diagnosing Provider
- If the sponsor is an ADSM, the dependent with ASD must be registered in the Extended Care Health Option (ECHO) (*unless waived in specific situations*), which provides supplemental services to active duty family members (ADFM) with qualifying psychological or physical disabilities.

HOW THE ASD DIAGNOSIS IMPACTS ELIGIBILITY AND REQUIREMENTS

To qualify for ABA services under the demonstration, your child must be diagnosed by an Approved ASD-Diagnosing Provider. Once your child has been diagnosed by an Approved ASD-Diagnosing Provider:

- The provider will need to send a referral with the ASD diagnosis to your regional contractor.
- Your regional contractor will issue a prior authorization for one year of ABA under the Autism Care Demonstration.
 - The prior authorization will give the name of a provider who is accepting patients for ABA. However, you are free to choose any TRICARE-authorized ABA provider who is accepting new patients for ABA.
 - If you would like to check the status of the prior authorization, contact your regional contractor. For contact information, see the *For Information and Assistance* section of this fact sheet.

Note: With a diagnosis from a Specialized ASD-Diagnosing Provider, your child will **not** need to undergo any testing to confirm diagnosis. See the “Approved ASD-Diagnosing Providers” section in this fact sheet for more information.

► Find key term definitions on page 3

This fact sheet is **not** all-inclusive. For additional information, please visit www.tricare.mil.

STEPS TO ACCESSING ABA SERVICES UNDER THE AUTISM CARE DEMONSTRATION

Receive ASD diagnosis from an Approved ASD-Diagnosing Provider

The Approved ASD-Diagnosing Provider will send a referral for ABA to your TRICARE regional contractor. **Note:** Autism Diagnostic Observation Schedule, Second Edition (ADOS-2) testing is required within one year if your child was **not** diagnosed by a Specialized ASD-Diagnosing Provider or has not received a diagnostic evaluation by a Specialized ASD-Diagnosing Provider within one year.

Receive a prior authorization from your regional contractor, which will include the name of an ABA provider who is accepting new patients.

You will need to make an appointment to see the ABA provider listed on your prior authorization or contact your regional contractor to request another ABA provider.

Initial ABA assessment of the person with ASD conducted

Initial treatment plan created

One-on-one ABA services provided as indicated in treatment plan

Progress evaluated with a reassessment

Treatment plan updated, help for parents and caregivers learning ABA techniques

APPROVED ASD-DIAGNOSING PROVIDERS

Primary care physicians with the following specialties:

- Family practice
- Internal medicine
- Pediatrics

Note: Testing (*using ADOS-2*) required within one year to confirm the ASD diagnosis, or a diagnostic evaluation may be done by a Specialized ASD-Diagnosing Provider.

Specialized ASD-Diagnosing Providers who are board-certified or board-eligible in:

- Developmental-behavioral pediatrics
- Neurodevelopmental pediatrics
- Child neurology
- Adult or child psychiatry
- Licensed clinical psychology, doctoral level

Note: No testing is required to confirm an ASD diagnosis.

CARE RECEIVED UNDER THE AUTISM CARE DEMONSTRATION

Your child's Board-Certified Behavior Analyst will:

- Complete an ABA assessment of your child
- Develop an individual treatment plan dictating the type of services and number of hours of ABA needed*
- Work one-on-one with your child or supervise a Board-Certified Assistant Behavior Analyst or Behavior Technician to provide the ABA services one-on-one to your child
- Help you, other parents, and other caregivers of your child practice ABA independently with your child
- Reevaluate your child as needed

* *The individual treatment plan developed by your Board-Certified Behavior Analyst will dictate how much ABA is needed each week. The hours may change during reevaluation.*

What is in an ABA treatment plan?

Your child's Board-Certified Behavior Analyst will develop a treatment plan under which all ABA services are provided. This treatment plan will be modified as progress toward objectives and goals are reviewed. It will include such information as:

- Personalized ABA objectives and goals
- Description of skills and behaviors that can help address problems including the areas of social interaction, communication, and behavior
- Objectives and goals for parents and/or caregivers to help in day-to-day ABA interventions
- The Board-Certified Behavior Analyst's recommendation of how many hours per week of ABA services your child should receive

ONGOING ABA REQUIREMENTS (TWO-YEAR CYCLE)

Every two years:

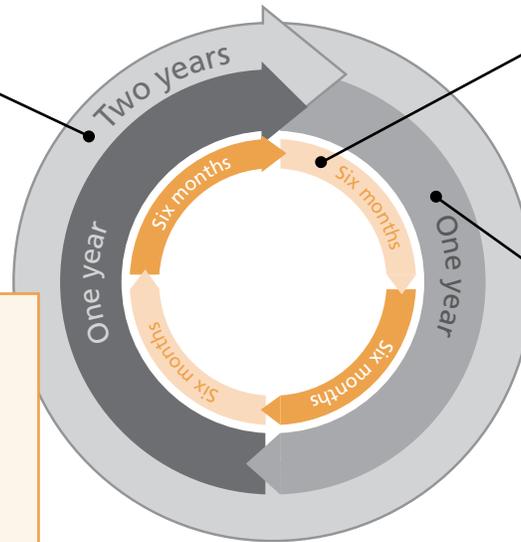
Periodic ABA program review to see if ABA is helping your child and, if not, to determine how to best help your child

Every six months:

Reassessment progress report and treatment plan update

Every year:

Prior to the end of the one-year authorization period, your Board-Certified Behavior Analyst will request reauthorization of ABA from your regional contractor



Throughout this two-year cycle and beyond:

Your child will receive ABA at the frequency listed in his or her individual treatment plan. There are no annual or lifetime caps on the amount of ABA TRICARE covers.

PAYING FOR ABA UNDER THE AUTISM CARE DEMONSTRATION

If you see a **Board-Certified Behavior Analyst with a master's degree or higher**, you will pay the applicable copayment or cost-share for your plan (e.g. *TRICARE Prime*, *TRICARE Standard*):

- ADFMs with TRICARE Prime: \$0
- ADFMs with TRICARE Standard and TRICARE Extra, as well as TRICARE Reserve Select beneficiaries:
 - 15 percent with a network provider
 - 20 percent with a non-network provider
- Retired family members with TRICARE Prime: \$12
- Retired family members with TRICARE Standard and TRICARE Extra, as well as TRICARE Retired Reserve beneficiaries:
 - 20 percent with a network provider
 - 25 percent with a non-network provider

These amounts will apply to your annual catastrophic cap.

If you see a **Board-Certified Assistant Behavior Analyst or a Behavior Technician**:

- ADFMs pay the monthly ECHO fee only for any month in which supervised ABA is received*
- Non-ADFM pay a 10 percent cost-share for supervised ABA†

* ADFMs must register for the ECHO to participate in the ACD (unless waived in specific situations).

† These amounts do not count toward your annual catastrophic cap.

Key Term Definitions

Applied Behavior Analysis (ABA)—The design, implementation, and evaluation of planned changes to an individual's environment that will help foster improvements in behavior. ABA services are used to help address behavioral challenges for those with autism spectrum disorder.

Autism Spectrum Disorder (ASD)—A serious neurodevelopmental disorder that impairs a child's ability to communicate and interact with others. It also includes restricted repetitive behaviors, interests, and activities. These issues cause significant impairment in social, occupational, and other areas of functioning. The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity.

Board-Certified Behavior Analyst—A master's degree level or higher behavioral specialist who provides ABA services and is certified by the Behavior Analyst Certification Board. The Autism Care Demonstration covers ABA services given by a Board-Certified Behavior Analyst, such as ABA assessment for the development of the treatment plan.

Board-Certified Assistant Behavior Analyst—A supervised bachelor's degree level behavior specialist who provides ABA services and is certified by the Behavior Analyst Certification Board. The Autism Care Demonstration covers certain services provided by the Board-Certified Assistant Behavior Analyst, such as one-on-one ABA provided under the supervision of the Board-Certified Behavior Analyst.

Behavior Technicians—A supervised ABA team member who meets specified training requirements and can provide one-on-one ABA services under the supervision of the Board-Certified Behavior Analyst. Previously called "ABA tutors."

There are no annual or lifetime caps on the amount of ABA TRICARE covers—in other words, your child will not have to stop ABA services at any point in the year due to having reached a benefit maximum. However, the cost-shares for services provided by Board-Certified Assistant Behavior Analysts and Behavior Technicians, as well as for supervision of these providers, do not apply toward your plan deductible or catastrophic cap. Cost-shares for all other services provided by the Board-Certified Behavior Analyst do apply toward the catastrophic cap. Visit www.tricare.mil/costs for more information.

ADSMS MUST ENROLL IN EXCEPTIONAL FAMILY MEMBER PROGRAM

ADSMs with family members who are seeking services for ASD, including ABA, must be enrolled in their service's Exceptional Family Member Program (EFMP) and registered

in the ECHO (*unless waived in specific situations*). The EFMP works to help military families with special needs during the duty assignment process and after families have arrived at their new installation. For more information, contact your service branch or visit www.militaryonesource.mil/efmp.

ABA SERVICES FOR TRICARE OVERSEAS PROGRAM BENEFICIARIES

In very limited locations and circumstances, your child may be able to receive ABA services from Board-Certified Behavior Analysts that have been certified by the Behavior Analyst Certification Board. This means that ABA services will only be authorized in countries that have providers with these certifications. The ABA benefit is not available in host nations where there are no Board-Certified Behavior Analysts within the TRICARE specialty care access standards.

FOR INFORMATION AND ASSISTANCE

 TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	 TRICARE South Region Humana Military, a division of Humana Government Business 1-800-444-5445 Humana-Military.com	 TRICARE West Region UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com
 TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa ¹ +44-20-8762-8384 (<i>overseas</i>) 1-877-678-1207 (<i>stateside</i>) tricarelon@internationalsos.com	 TOP Regional Call Center—Latin America and Canada ¹ +1-215-942-8393 (<i>overseas</i>) 1-877-451-8659 (<i>stateside</i>) tricarephl@internationalsos.com	 TOP Regional Call Centers—Pacific ¹ Singapore: +65-6339-2676 (<i>overseas</i>) 1-877-678-1208 (<i>stateside</i>) sin.tricare@internationalsos.com Sydney: +61-2-9273-2710 (<i>overseas</i>) 1-877-678-1209 (<i>stateside</i>) sydricare@internationalsos.com
TRICARE Extended Care Health Option www.tricare.mil/echo Exceptional Family Member Program Information www.militaryonesource.mil/efmp	TRICARE Pharmacy Program 1-877-363-1303 www.express-scripts.com/TRICARE www.tricare.mil/pharmacy	milConnect Web Site—Update DEERS Information http://milconnect.dmdc.mil

1. For toll-free contact information, visit www.tricare-overseas.com.

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act. TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.