

Electroconvulsive Therapy (ECT)

Also known as	<ul style="list-style-type: none">Shock therapyShock treatments				
Description	Electroconvulsive therapy (ECT) is done under general anesthesia, in which small electric currents are passed through the brain, triggering a brief seizure. ECT causes changes in the brain chemistry that can quickly reverse symptoms of certain mental health conditions. It may not work for everyone. ECT is used when other treatments are unsuccessful. ECT is not a cure and most people will need to continue with some type of maintenance treatment (therapy, medications, and/or ongoing ECT).				
See also	<p>Similar, related, or easily confused documents.</p> <ul style="list-style-type: none">Behavioral Health Services - Behavioral Health (BH) includes all services related to the diagnosis and treatment of mental health (MH) conditions and substance use disorders (SUD). Benefits for Behavioral Health are quoted here for some products.Behavioral Health - Levels of Care, Therapy Types, Provider Specialties - Some lines of business quote BH services. This supplies levels of care, therapy types, and provider types.				
Table of Contents	<p>The following topics are included in this document:</p> <ul style="list-style-type: none">CommercialGovernment ProgramsIndividual and Family Business (IFB)				
Document history	<p>The document history for the past 12 months is outlined below.</p> <table><tr><th>Date</th><th>Description</th></tr><tr><td>8.23.24</td><td>Updated to new template.</td></tr></table>	Date	Description	8.23.24	Updated to new template.
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Commercial

Introduction	<p>This section applies to all Commercial members. Benefit details depend on the member’s brand: Dean (including Dean Health Plan (DHP) and Prevea360), Mayo Medical Plan (MMP), or Medica (including MHPS).</p>				
Dean (DHP, Prevea360)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">• Anesthesia: Quote anesthesia benefits.• ECT: See Behavioral Health Services.				
Mayo Medical Plan (MMP)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">• Anesthesia: Quote anesthesia benefits.• ECT: See Behavioral Health Services.				
Medica (including MHPS)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">• Anesthesia: Quote anesthesia benefits.• ECT: See Behavioral Health Services.				
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Government Programs

Introduction	This section applies to all Medicaid and Medicare products.				
AccessAbility (SNBC), Minnesota Senior Care Plus (MSC+)	<p>Medicaid only groups:</p> <ul style="list-style-type: none">See Medicaid below. <p>Medicare eligible groups:</p> <ul style="list-style-type: none">This is a mental health service done under general anesthesia.<ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.Follows Medicare guidelines.Medicare is the primary payer.If no Medicare eligibility, Medicaid applies. See Medicaid below.				
AccessAbility Enhanced (I-SNBC), DUAL (MSHO)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.Medica is the only payer.				
Cost (Prime)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.Follows Medicare guidelines.				
Med Advantage	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.Follows Medicare guidelines.Medica is the only payer.				
Med Supp (Select, Signature)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.Follows Medicare guidelines.Medicare supplement.Medicare is the primary payer.				
Medicaid	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">Anesthesia: Quote anesthesia benefits.ECT: See Behavioral Health Services.				
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Individual and Family Business (IFB)

Introduction	<p>This section applies to all Individual and Family Business (IFB) members. Benefit details depend on the member’s brand: Dean (including Dean Health Plan (DHP), Medica (formerly WellFirst), and Prevea360) or Medica.</p>				
Dean (DHP, Medica formerly WellFirst, Prevea360)	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">• Anesthesia: Quote anesthesia benefits.• ECT: See Behavioral Health Services.				
Medica	<p>This is a mental health service done under general anesthesia.</p> <ul style="list-style-type: none">• Anesthesia: Quote anesthesia benefits.• ECT: See Behavioral Health Services.				
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