CPT Parity Abuses

On January 1, 2013, new CPT codes for mental health were instituted by all insurance companies. The AMA and CMS worked long and hard on developing these new codes to ensure that psychiatrists (and other mental health professionals) are adequately reimbursed for their efforts. Unfortunately, there have been many reports of insurance companies in New Hampshire and throughout the country failing to reimburse these codes to which they had committed. Reports include outright denial of E&M codes, denial of psychotherapy codes, lowered reimbursement rates for the new codes compared to the old codes, and deducting two copays for the same visit.

These practices are abusive of psychiatrists, and violate the intent of parity laws. The APA is attempting to collect as much information and as many examples as possible. If you have had difficulty getting appropriately reimbursed with the new CPT codes, please go to the following website for further instructions on contacting the APA:

http://www.psychiatry.org/cptparityabuses