

# Supplemental Benefit Plan

## *Non-Severe Mental Health*

### *General Information*

**Sharp Health Plan provides coverage for the diagnosis and treatment of Severe Mental Illnesses (SMI) in Members of any age and Serious Emotional Disturbances (SED) in children as part of your core medical coverage.**

**Severe Mental Illness** means one or more of the following nine disorders in persons of any age: schizophrenia, schizoaffective disorder, bipolar disorder (manic depressive illness), major depressive disorders, panic disorder, obsessive-compulsive disorder, pervasive developmental disorder or autism, anorexia nervosa, bulimia nervosa.

**Serious Emotional Disturbance** means one or more mental disorders as identified in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders, to include Rett's Disorder, Childhood Disintegrative Disorder, Asperger's Disorder and other pervasive developmental disorders not otherwise specified (including Atypical Autism), other than a primary substance use disorder or developmental disorder, that result in behavior inappropriate to the child's age according to expected developmental norms. One or more of the following must also be true:

- 1) as a result of the mental disorder, the child has substantial impairment in at least two of the following areas: selfcare, school functioning, family relationships or ability to function in the community; and either of the following occur:
  - a) the child is at risk of removal from the home or has already been removed from the home; or
  - b) the mental disorder and impairments have been present for more than six months or are likely to continue for more than one year if not treated; or
- 2) the child displays one of the following: psychotic features, risk of suicide or risk of violence due to a mental disorder; or
- 3) the child meets special education eligibility requirements under Chapter 26.5 (commencing with Section 7570) of Division 7 of Title 1 of the Government Code.

**In addition to the coverage provided for SMI and SED, Sharp Health Plan provides Non-Severe Mental Health Services through this supplemental benefit plan.**

**Non-Severe Mental Health Services** means medically necessary treatment for a mental, emotional or nervous disorder other than a Severe Mental Illness in a person of any age or a Serious Emotional Disturbance in a child. Examples of such conditions include but are not limited to generalized anxiety disorder, personality disorders, social phobia, etc.

### *How Does This Supplemental Benefit Work?*

- Contact Psychiatric Centers at San Diego (PCSD) at (619) 528-4600 whenever you need Mental Health Services.
- You do not need a referral from your Primary Care Physician.
- Non-Severe Mental Health Services must be obtained through Plan Providers.
- e Plan does not cover services that are not provided by Plan Providers, and you must pay for those services yourself.
- Always present your Sharp Health Plan Member ID card to Plan Providers, and ask them to inform you if something will not be covered.

### *What Are My Covered Benefits and Copayments?*

The Plan covers the following Non-Severe Mental Health Services as outlined when they are performed by a Plan Provider:

- Outpatient Non-Severe Mental Health Services such as office visits are covered at the same Copayment as medical specialist office visits. Please see your Plan Summary of Benefits.
- Inpatient Non-Severe Mental Health Services admissions are covered at the same Copayment as the medical hospital inpatient benefit. Please see your Plan Summary of Benefits.

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# Supplemental Benefit

## *Non-severe Mental Health (continued)*

### *What is not covered?*

The Plan excludes or limits the services and supplies listed below:

- Any service covered under the member's Employee Assistance Program (EAP).
- Any court-ordered treatment or therapy, or any treatment or therapy ordered as a condition of parole, probation, custody, or visitation.
- Diagnosis and treatment of developmental disorders, developmental reading disorder, developmental arithmetic disorder, developmental language disorder, or developmental articulation disorder. This does not apply to treatment of pervasive development disorder or autism, which is covered.
- Diagnosis and treatment for learning disorders or those services primarily oriented toward treatment of social or learning disorders.
- Counseling for activities of an educational nature.
- Counseling for borderline intellectual functioning.
- Counseling for occupational problems.
- Counseling related to consciousness raising.
- Vocational or religious counseling.
- Counseling for marital problems.
- I.Q. testing.
- Psychological testing on children required as a condition of enrollment in school.

**If you have questions regarding your coverage under this supplemental benefit plan, please contact Sharp Health Plan Customer Care at (858) 499-8300 or 1-800-359-2002 or visit [www.SharpHealthPlan.com](http://www.SharpHealthPlan.com).**