



Managed Care Release of Information: Informed Consent

Many insurance providers now operate under a managed care model, including Optum Idaho, the insurance company who currently manages the mental health benefits for Idaho's Medicaid program. Managed care networks require mental health providers to collaborate and exchange information pertaining to your treatment with primary care providers, care advocates, and potentially other providers involved in your behavioral health care. The intent of this form is to inform you of communication that is required to be exchanged pertaining to your protected health information. To find out more about your behavioral health benefits, please contact your insurance provider.

1. **Confirmation of Referral:** Many managed care plans, including Optum Idaho request mental health providers communicate with a member's primary care physician once a patient has made an appointment for mental health services.
2. **History and Physical:** Many managed care plans, including Optum Idaho, request mental health providers to request a copy of a member's history and physical from the member's primary care physician. The purpose of this request is to ensure that mental health providers are aware of any medical conditions that could impact a member's mental health treatment.
3. **Comprehensive Diagnostic Assessment:** Many managed care plans, including Optum Idaho, request mental health providers provide member's primary care physician with a copy of your comprehensive diagnostic assessment. The information contained in this document is as follows: reason for seeking services, current mental or emotional health symptoms, current and past medication, medical and psychiatric history, family history; including family history of mental health issues, substance abuse history, history of abuse, impairment in functional areas, a mental status exam, member's strengths and assets, an assessment of mental health diagnosis, and your providers recommendations for treatment.
4. **Treatment Plan:** Many managed care plans, including Optum Idaho, request mental health providers provide your primary care physician with a copy of your treatment plan which contains your treatment goals, the type of procedures that will be utilized to meet your goals, frequency of services, and discharge criteria.
5. **Significant changes in member condition/treatment goal:** Many managed care plans, including Optum Idaho, request mental health providers consult with your primary care physician if there are any significant changes in your need for decreased or increased treatment. We will also notify your physician when you are discharged from services.
6. **Care Advocate:** From time to time a Care Advocate from your insurance company may contact your provider. Care Advocates often result in a request for more information regarding member's care including, but not limited to: confirmation of the correct level of care based on member's wellness assessment, ensure services being provided are medically necessary, document that counselor is aware of any personal safety or medical risk factors.
7. **Minimum Necessary:** Lifepath Counseling and Wellness and its providers subscribe to the philosophy of disclosing only the minimum amount of information necessary about you and your care with your managed care plan and your primary care physician. If you have any concerns about the type of information being shared, please discuss this with your provider.