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| **Cigna to adopt MCG Behavioral Health Guidelines** |

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| **Effective November 27, 2020** |  |

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| Starting November 27, 2020, Cigna will adopt MCG Behavioral Health Guidelines for guidance in conducting mental health level of care medical necessity reviews for all commercial health plan business unless federal or state law require the use of other specifically identified clinical criteria.While the current [Cigna Standards and Guidelines/Medical Necessity Criteria for Treatment of Mental Health Disorders](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149568A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=PZuO9f7VzL8Aa727gZw7aeIGqMUZTzZLQKhK-PzBc9Y&e=) were developed with consideration of evidence-based literature, professional association guidelines, and with feedback from our stakeholders, we are transitioning to externally developed guidelines. These guidelines have wide acceptance as an evidence-based standard for mental health care, are developed and maintained in compliance with state and federal regulations, including parity, and align with and reference the following professional organizations:* American Association of Child and Adolescent Psychiatry
* American Association of Community Psychiatrists
* American Psychiatric Association (APA) Practice Guidelines
* American Society of Addiction Medicine (ASAM)
* Association for Ambulatory Behavioral Healthcare (AABH)
* Centers for Disease Control and Prevention (CDC)
* Child and Adolescent Level of Care Utilization System (CALOCUS)
* Child and Adolescent Service Intensity Instrument (CASII)
* Early Childhood Service Intensity Instrument (ECSII)
* Level of Care Utilization System (LOCUS)

**What this means to you**Our adoption of the MCG Behavioral Health Guidelines further supports a consistent application of evidence-based criteria to ensure that treatment includes consideration of practices that have been shown to be most effective for mental health disorders. These guidelines complement our suite of existing evidence-based criteria to support your clinical judgment and decision-making processes.In addition to the MCG Behavioral Health Guidelines, the following resources will continue to be used to make medical necessity determinations:* [The ASAM Criteria®](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149565A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=bUj4B1k3BjkbYtzplF4oE_gAmfl2FCabekcPeRUUYF8&e=)Cigna uses this criteria, developed by the American Society of Addiction Medicine, for guidance in conducting medical necessity reviews of substance use disorder level of care for all commercial health plan business.
* [Cigna Medical Coverage Policies](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149567A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=_WnQV5CI0ht1ovzySlmelxVAMw_c7PQRPukhLumReKE&e=)
* [Cigna Authorization and Billing Resource](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149566A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=R8BErwG5Ck1lWIW0x7uRA-c0vRAr5NkT-3zTlNlyXSM&e=)
* State and federal regulations and licensing standards

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| **What's changing?*** On November 27, 2020, Cigna will terminate use of the Cigna Standards and Guidelines/Medical Necessity Criteria for Treatment of Mental Health Disorders\* and transition to MCG Behavioral Health Guidelines built on externally developed evidence-based guidelines.
* Behavioral clinical criteria will remain on the Cigna for Health Care Professionals website, but at the end of November 2020, it will all be accessible in one location:
	+ Cigna for Health Care Professionals website ([CignaforHCP.com](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149564A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=lFAuOc5YztbFHjxwEaB_8ACIKvFi8hwAjBFzZ71PQY8&e=)) > [Coverage Policies](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149567A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=_WnQV5CI0ht1ovzySlmelxVAMw_c7PQRPukhLumReKE&e=), see Supporting Behavioral Websites.
	+ **Please note**: Minimal login information will be required to access the MCG Behavioral Health Guidelines.
* The new guidelines will present a change in how you access clinical criteria for treating patients with Cigna coverage. We are committed to supporting you through this transition and strive to minimize any disruption to you and your patients.
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| **What's staying the same?*** The MCG Behavioral Health Guidelines do not replace clinical judgment, and we recognize that they require adaptation to the unique situations of each individual patient, as well as to relevant state and federal regulations and licensing standards.
* Our goal has always been to use the latest evidence-based literature to provide the most appropriate and effective patient care.
* We will continue to use:
	+ The ASAM criteria, developed by the American Society of Addiction Medicine (see above)
	+ Cigna Medical Coverage Policies for Autism Spectrum Disorders/Pervasive Developmental Disorders, Transcranial Magnetic Stimulation (TMS), Neuropsychology Testing, and Complementary and Alternative Medicine
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**Additional information**At the end of November 2020, you will be able to access all of our evidence-based criteria and clinical support tools, including the new MCG Behavioral Health Guidelines, in one location at [CignaforHCP.com](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149564A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=lFAuOc5YztbFHjxwEaB_8ACIKvFi8hwAjBFzZ71PQY8&e=) > [Coverage Policies](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149567A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=_WnQV5CI0ht1ovzySlmelxVAMw_c7PQRPukhLumReKE&e=), see Supporting Behavioral Websites.Please continue to watch your email for more updates about this topic.If you have questions, please contact Provider Services at 800.926.2273. |  |

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\* The [Cigna Standards and Guidelines/Medical Necessity Criteria for Treatment of Mental Health Disorders](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.waymail.com_maximail_link.htm-3Ftrlnkid-3D149568A93848A189589909&d=DwMCaQ&c=xn8flH6DOXBk6JKHH02eLJq194X6KF7E4brKNzAQIFY&r=_cnKA8bxU5E8JC0Ey4kgoKiT6j7mot8S4lNsEDAh-No&m=eobG5MXD_2sHn6HRLcNHnYVZyRU2UOH7cxxW9MHDIAs&s=PZuO9f7VzL8Aa727gZw7aeIGqMUZTzZLQKhK-PzBc9Y&e=) will be accessible until November 2021 for regulatory and reference purposes. We will continue to use this criteria for episodes of care that began prior to November 27, 2020.All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.PCOMM-2020-826 © 2020 Cigna. Some content provided under license. |

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