Outpatient family psychotherapy services are based upon the following guidelines:

Consistent with the Optum Level of Care Guidelines, Optum Best Practice Guidelines and Medical Evidence Based Practice, we want to remind providers that no more than one Family Therapy session should be billed for any given day.

- One family psychotherapy session may be used on any particular day per family.
- One family psychotherapy session is available for families even though the family may have multiple eligible individuals with a psychiatric and/or substance use disorder diagnosis. Only one eligible family session may be used for family psychotherapy even though another identified eligible individual may be present in the family psychotherapy session.

Billing for Family Therapy should be tied to a single member of the family for that particular session and only one Family Therapy session may billed on any given day.

Providers (MA, PhD, MD, RN/NP/APRN) billing any of the CPT family therapy codes (90846, 90847, 90849) on the same date of service for the same family, regardless if they are two separate sessions will not be reimbursed. Optum will only reimburse for one of the family therapy codes per day and any subsequent claims for the same family, on the same date of service with the same provider will be denied.

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Service Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>90846</td>
<td>Family psychotherapy (without the patient present), 50 minutes</td>
</tr>
<tr>
<td>90847</td>
<td>Family psychotherapy (with the patient present), 50 minutes</td>
</tr>
<tr>
<td>90849</td>
<td>Multiple Family Group Psychotherapy</td>
</tr>
</tbody>
</table>

Frequently asked:

Q1. What if I am seeing two children in the same family in separate appointments on the same day but a family member is present in both sessions?

A family member may be present, consulted or engaged in an individual therapy session when the focus of the session is to address the needs of the “identified” patient. You may bill for individual therapy for one child or both children on a given day.

Q2. What if I am seeing 2 or more members of one family and we have one family therapy session in which family issues are the focus of the session, can I have an individual session with one or more of them on the same day?

Yes. Family therapy is limited to one session per family on a given day but individual therapy may also be provided to one or more family members, as clinically indicated, on the same day.

Resources:

- Provider Express > Quick Links: Guidelines / Policies & Manuals > Reimbursement Policies