

Maternal Mental Health Screening Pathways



Screening for maternal mental health conditions during pregnancy, at least once per trimester and within 6 weeks of birth, is essential for early identification that can lead to better health outcomes.

Code submission is the only way Blue Shield of California knows that the patient was screened. It also communicates provider dedication to high-quality care. Providers are reimbursed for screening through submission of CPT codes. To learn more about [preventive benefit policies](#) and billing codes, please visit [Preventive health guidelines](#) on our [Provider Connection](#) website.

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| <p>Screen* your patient using an approved screening tool, e.g., EPDS, PHQ-2, or PHQ-9, and score the survey using the tool's scoring instructions.</p> | <p>Positive result: Patient is likely to be experiencing depression.</p> | <p>If your patient's responses indicate they have considered self-harm, assess for immediate risk. Assess your patient's depression severity to determine appropriate treatment or referral. Resources are listed below. Document a follow-up plan in your patient's chart.</p> | <p>Submit 71354-5 (LOINC): EPDS Submit 55758-7 (LOINC): PHQ-2 Submit 44261-6 (LOINC): PHQ-9</p> <p>For instructions on how to submit a LOINC code, please see our Depression Screening Documentation FAQ.</p> |
| | <p>Negative result: Patient is not likely to be experiencing depression.</p> | <p>Encourage your patient to contact their provider if their mood or mental state changes, which is very common during and after pregnancy.</p> <p>A CPT code should still be submitted in the case of a negative screen.</p> | |

*Patients should be screened at least once per trimester and at least once within 6 weeks following birth. Additional postpartum screenings, if determined medically necessary and clinically appropriate in the judgment of the treating provider, may also occur.

Mental Health Resources

National Maternal Health Hotline: [833-TLC-MAMA \(852-6262\)](tel:833-TLC-MAMA)

National Suicide Prevention Lifeline: [988](tel:988)

Crisis Text Line: text HOME to 741741

There are various treatment options for members including:

- Treatment by the screening provider.
- [Maven Maternity Program](#) virtual care.
- [Magellan Behavioral Health](#) outpatient or inpatient treatment. Email BSCClinicalLiaison@MagellanHealth.com to make referrals.

Blue Shield Care Management can also help members navigate treatment options. Email or fax the [Mental Health Referral Form](#) to refer a member.

[Blueshield.com/provider](https://blueshield.com/provider)

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