



TRICARE® Autism Care Demonstration

Coverage of applied behavior analysis for beneficiaries with autism spectrum disorder

TRICARE covers medical and behavior modification services for beneficiaries diagnosed with autism spectrum disorder (ASD). ASD affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination, and the establishment of relationships with others. Services covered under your TRICARE benefit include occupational therapy, physical therapy, physician services, psychological services, psychological testing, prescription drugs, and speech therapy.

Applied behavior analysis (ABA) is another covered benefit, and it uses behavior modification principles, such as positive reinforcement, to increase or decrease targeted behaviors. ABA can help develop skills, such as speech, self-help, and play. It can also help to decrease certain behaviors, such as aggression or self-injury. ABA is covered under the TRICARE Comprehensive Autism Care Demonstration, separate from the TRICARE medical benefit that provides coverage of the medical services listed above.

Note: Overseas, coverage of ABA services is limited. For more information, see the *ABA Services for TRICARE Overseas Program Beneficiaries* section of this fact sheet.

AUTISM CARE DEMONSTRATION ELIGIBILITY

ABA services are covered for all qualifying dependents of active duty service members (ADSMs), retirees, and certain National Guard and Reserve members. This includes beneficiaries of the following programs:

- TRICARE Prime options
- TRICARE Standard and TRICARE Extra
- TRICARE Reserve Select (*member-and-family coverage*)
- TRICARE Retired Reserve (*member-and-family coverage*)
- TRICARE For Life
- TRICARE Young Adult
- Transitional Assistance Management Program
- Continued Health Care Benefit Program (*for beneficiaries no longer eligible for TRICARE*)

To qualify for covered ABA services under the Autism Care Demonstration, your dependent, or child, must also:

- Have been diagnosed with ASD by a TRICARE-authorized approved ASD-diagnosing provider.
- If the sponsor is an ADSM, your child with ASD must be enrolled in the Exceptional Family Member Program (EFMP) and registered in the Extended Care Health Option (ECHO) (*unless waived in specific situations*).

HOW THE ASD DIAGNOSIS IMPACTS ELIGIBILITY AND REQUIREMENTS

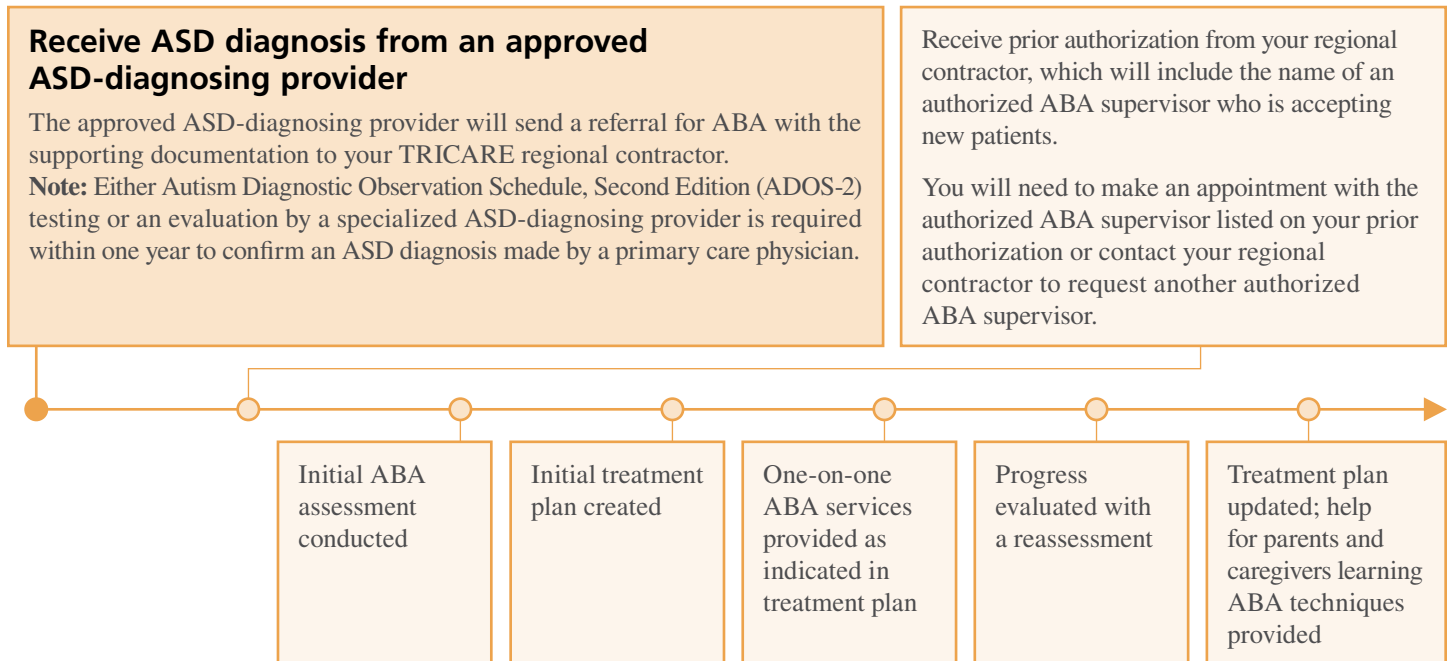
To qualify for ABA services under the Autism Care Demonstration, your child must be diagnosed with ASD by an approved ASD-diagnosing provider. Once your child is diagnosed by an approved ASD-diagnosing provider:

- The provider must send a referral to your regional contractor with the ASD diagnosis and supporting documentation, including an individualized education plan from your child's school or proof that your child is homeschooled.
- Your regional contractor will give prior authorization for six months of ABA under the Autism Care Demonstration.
 - The prior authorization will include the name of an authorized ABA supervisor who is accepting new patients. However, you are free to choose any TRICARE-authorized network ABA provider who is accepting new patients. To request a provider other than the one listed on your prior authorization, contact your regional contractor.
 - To check the status of the prior authorization, contact your regional contractor. For contact information, see the *For Information and Assistance* section of this fact sheet.

Note: With a diagnosis from a specialized ASD-diagnosing provider, your child will **not** need to undergo any testing to confirm diagnosis. See the *Approved ASD-Diagnosing Providers* section of this fact sheet for more information.

*This fact sheet is **not** all-inclusive. For additional information, please visit www.tricare.mil.*

STEPS TO ACCESSING ABA SERVICES UNDER THE AUTISM CARE DEMONSTRATION



APPROVED ASD-DIAGNOSING PROVIDERS

<p>Primary care physicians with the following specialties:</p> <ul style="list-style-type: none"> • Family practice • Internal medicine • Pediatrics <p>Note: Either testing (<i>using ADOS-2</i>) or a diagnostic evaluation by a specialized ASD-diagnosing provider is required within one year to confirm the ASD diagnosis.</p>	<p>Specialized ASD-diagnosing providers who are board-certified or board-eligible in:</p> <ul style="list-style-type: none"> • Developmental-behavioral pediatrics • Neurodevelopmental pediatrics • Child neurology • Adult or child psychiatry • Licensed clinical psychology, doctoral level <p>Note: No testing is required to confirm the ASD diagnosis.</p>
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CARE RECEIVED UNDER THE AUTISM CARE DEMONSTRATION

- Your child's authorized ABA supervisor will:
- Complete an initial ABA assessment of your child
 - Develop an individual treatment plan dictating the types of services and number of hours of ABA needed*
 - Work one-on-one with your child or supervise an assistant behavior analyst or behavior technician to provide the ABA services one-on-one to your child
 - Help you, other parents, and other caregivers of your child practice ABA independently with your child
 - Reevaluate your child every six months to determine progress and update the treatment plan as needed

* The individual treatment plan developed by your authorized ABA supervisor will dictate how much ABA is needed each week. The hours may change during reevaluation.

What is in an ABA treatment plan?

Your child's authorized ABA supervisor will develop a treatment plan under which all ABA services are provided. This treatment plan will be modified as progress toward objectives and goals are reviewed. It will include such information as:

- Personalized ABA objectives and goals
- Description of skills and behaviors that can help address problems, including the areas of social interaction, communication, and behavior
- Objectives and goals for parents and/or caregivers to help in day-to-day ABA interventions
- The authorized ABA supervisor's recommendation of how many hours per week of ABA services your child should receive

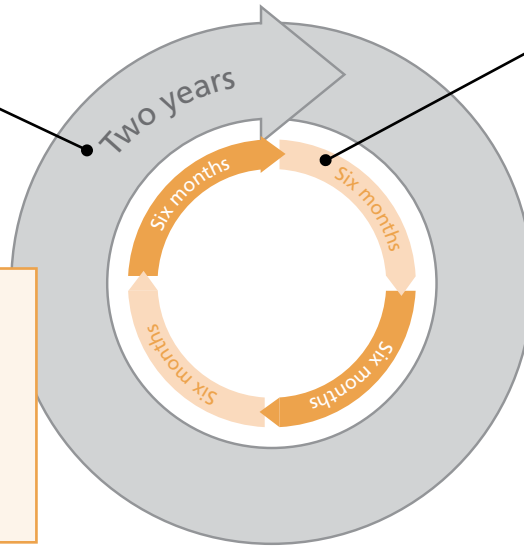
ONGOING ABA REQUIREMENTS (TWO-YEAR CYCLE)

Every two years:

Periodic ABA program review to see if ABA is helping your child and, if not, to determine how to best help your child

Throughout this two-year cycle and beyond:

Your child will receive ABA at the frequency listed in his or her individual treatment plan. There are no annual or lifetime caps on the amount of ABA TRICARE covers.



Every six months:

Reassessment progress report and treatment plan update

Before the end of the six-month authorization period, you will need a new referral and reauthorization for the next six months of ABA. You can ask your authorized ABA supervisor to request reauthorization from your regional contractor as early as 60 days before the end of the six month period.

PAYING FOR ABA UNDER THE AUTISM CARE DEMONSTRATION

As of October 1, 2015, you pay the copayment or cost-share for your TRICARE program (e.g., *TRICARE Prime*, *TRICARE Standard*) for all ABA services:

- Active duty family members (ADFM) with TRICARE Prime: \$0
- ADFMs with TRICARE Standard and TRICARE Extra, as well as TRICARE Reserve Select members:
 - 15 percent with a network provider (*after the annual deductible is met*)
 - 20 percent with a non-network provider (*after the annual deductible is met*)
- Retired family members with TRICARE Prime: \$12
- Retired family members with TRICARE Standard and TRICARE Extra, as well as TRICARE Retired Reserve members:
 - 20 percent with a network provider (*after the annual deductible is met*)
 - 25 percent with a non-network provider (*after the annual deductible is met*)

These amounts apply to your annual TRICARE catastrophic cap.

There are no annual or lifetime caps on the amount of ABA TRICARE covers—this means your child will not have to stop ABA services at any point in the year due to having reached a benefit maximum. Visit www.tricare.mil/costs for more information.

Definitions

Applied behavior analysis (ABA)—The design, implementation, and evaluation of planned changes to an individual’s environment that will help foster improvements in behavior. ABA services are used to help address behavioral challenges for those with autism spectrum disorder.

Autism spectrum disorder (ASD)—A neurodevelopmental disorder that impairs a child’s ability to communicate and interact with others. It also includes restricted repetitive behaviors, interests, and activities, such as doing the same action over and over again, insisting on a certain routine or ritual, or obsessing on a topic. These issues can cause significant impairment in social, occupational, and other areas of functioning. The word “spectrum” in ASD refers to the wide range of symptoms and severity.

Authorized ABA supervisor—A master’s degree level or higher certified behavior analyst or other TRICARE-authorized ABA provider practicing within the scope of his or her state licensure or state certification. The Autism Care Demonstration covers all ABA services given by an authorized ABA supervisor, such as ABA assessment, treatment plan development and updates, and direct one-on-one ABA services.

Assistant behavior analyst—A supervised bachelor’s degree level behavior specialist who provides ABA services under the supervision of an authorized ABA supervisor. The Autism Care Demonstration covers certain services provided by the assistant behavior analyst, such as duties delegated by an authorized ABA supervisor. Assistant behavior analysts cannot practice independently.

Behavior technician—A supervised ABA team member who meets specified training requirements and can provide one-on-one ABA services under the supervision of an authorized ABA supervisor. Previously called “ABA tutors.”

ADSMS MUST ENROLL IN EFMP AND REGISTER IN ECHO







ADSMs who are seeking ABA services for family members with ASD must be enrolled in their service's EFMP and registered in ECHO (*unless waived in specific situations*). EFMP works to help military families with special needs during the duty-assignment process and after families have arrived at their new installation. For more information, contact your service branch or visit www.militaryonesource.mil/efmp. ECHO provides supplemental services to ADFMs with qualifying psychological or physical disabilities. For more information, visit www.tricare.mil/echo.

ABA SERVICES FOR TRICARE OVERSEAS PROGRAM BENEFICIARIES

Overseas, in very limited locations and circumstances, your child may be able to receive ABA services from board-certified behavior analysts who are certified by the Behavior Analyst Certification Board. This means that ABA services are only authorized in countries that have providers with these certifications. The ABA benefit is not available in host nations where there are no board-certified behavior analysts within the TRICARE specialty care access standards. Tiered model services (*assistant behavior analysts and behavior technicians*) are not authorized in any overseas area.

For more information on getting ABA services overseas, contact the TOP contractor. For contact information, see the *For Information and Assistance* section of this fact sheet.

FOR INFORMATION AND ASSISTANCE

<p> TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com</p>	<p> TRICARE South Region Humana Military, a division of Humana Government Business 1-800-444-5445 HumanaMilitary.com</p>	<p> TRICARE West Region UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com</p>
<p> TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa¹ +44-20-8762-8384 (<i>overseas</i>) 1-877-678-1207 (<i>stateside</i>) tricarelon@internationalsos.com</p>	<p> TOP Regional Call Center—Latin America and Canada¹ +1-215-942-8393 (<i>overseas</i>) 1-877-451-8659 (<i>stateside</i>) tricarephi@internationalsos.com</p>	<p> TOP Regional Call Centers—Pacific¹ Singapore: +65-6339-2676 (<i>overseas</i>) 1-877-678-1208 (<i>stateside</i>) sin.tricare@internationalsos.com Sydney: +61-2-9273-2710 (<i>overseas</i>) 1-877-678-1209 (<i>stateside</i>) sydricare@internationalsos.com</p>
<p>Extended Care Health Option www.tricare.mil/echo Exceptional Family Member Program www.militaryonesource.mil/efmp</p>	<p>TRICARE Pharmacy Program 1-877-363-1303 www.express-scripts.com/TRICARE www.tricare.mil/pharmacy</p>	<p>milConnect Web Site—Update DEERS Information http://milconnect.dmdc.osd.mil</p>

1. For toll-free contact information, visit www.tricare-overseas.com.

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

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