

Humana Healthy Horizons Billing Guidance for Dialectical Behavioral Therapy (DBT)

Definition of Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy (DBT) is a comprehensive, evidence-based psychotherapy designed to help individuals manage intense emotions, reduce self-destructive behaviors, and improve interpersonal relationships. DBT combines cognitive-behavioral techniques with mindfulness practices, focusing on four key components: emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness. It is typically provided in individual or group settings and is effective for treating conditions such as borderline personality disorder, substance use disorders, and other mental health challenges. DBT services may be delivered by various licensed mental health professionals, including psychiatrists, psychologists, clinical social workers, and other qualified providers.

DBT Billing Codes and Rates

The following codes and rates for DBT services are sourced from https://www.lamedicaid.com/provweb1/fee_schedules/SBH_Fee.htm, effective as of March 1, 2025. These apply to individual and group DBT sessions for patients aged 0 and older.

CPT Codes and Rates

Code	Description	Age	Rate (All Providers)
H2021	Dialectical Behavioral Therapy, Individual (Per Visit)	0+	\$200.00
H2021 HQ	Dialectical Behavioral Therapy, Group (Per Visit)	0+	\$177.68

Provider Types and Modifiers

The following provider types are eligible to bill for DBT services, with corresponding modifiers (not applicable to FQHC/RHC claims):

Provider Type	Modifier
Psychiatrist	AF
APRN/CNS/PA	SA
Medical Psychologist	HP
Psychologist	AH
Licensed Clinical Social Worker (LCSW)	AJ
Licensed Professional Counselor (LPC)	HO
Licensed Marriage and Family Therapist (LMFT)	HO



Licensed Addiction Counselor (LAC)	HF
Licensed Master Social Worker (LMSW)	U4
Provisional LPC/PLMFT	UA

Notes:

- PLPCs/PLMFTs and LMSWs may only render services for dates of service on or after August 1, 2024, and must not bill independently.
- All providers bill at the same rate for DBT services (\$200.00 for individual, \$177.68 for group).
- Use the "HQ" modifier for group DBT sessions to indicate a group setting.

How to Submit a Claim to Humana

To submit claims for DBT services, follow the instructions provided in the "How to submit claims.docx" document:

1. **Availity Essentials:**
 - Submit claims electronically via www.Availity.com.
2. **Email:**
 - Send claims to CorporateMedicaidCIT@humana.com.
3. **Fax:**
 - Fax claims to 1-833-974-0059.
4. **Mail:**
 - Send paper claims to:
 - Humana, Inc.
 - P.O. Box 14822
 - Lexington, KY 40512-4822

How to Contact Humana

For questions or assistance, use the following contact methods from the "How to submit claims.docx" document:

- **Provider Services:**
 - Phone: 1-800-448-3810
 -
- **Provider Correspondence:**
 - Mail:
 - Humana Inc.
 - P.O. Box 14601
 - Lexington, KY 40512-4601



- **Provider Claim Dispute Submissions:**
 - Mail:
 - Humana Inc.
 - Attn: Provider Complaints
 - P.O. Box 14601
 - Lexington, KY 40512-4601
- **Notify Humana of Changes** (e.g., office address, phone number):
 - Email: LAProviderRelations@humana.com

Important: Ensure claims include the appropriate CPT code (H2021 or H2021 HQ), modifier (if applicable), and provider credentials to avoid delays or denials.