

Insurance Guidelines for Sleep Treatment Group for Insomnia (CBT-I)

Thank you for your interest in the Sleep Treatment Group at the UCSF Osher Center for Integrative Health. We will gladly bill your insurance company for you.

Medi-Cal does not cover this treatment.

However, we do not guarantee that insurance will cover all of these costs. Insurance coverage for this treatment may depend on your diagnosis (which your referring provider will give you). It is the responsibility of the patient and/or referring physician to confirm whether your specific plan will cover the visits.

INSURANCE FAQ:

Below is a list of the most commonly asked questions by insurance companies and the data you will need to provide to them when you call your insurance company to confirm coverage. You may want to have your referring physician/provider's assigned diagnosis code(s) handy when you call insurance, as they may ask for this when determining eligibility. We recommend you ask your referring physician/provider to give you a diagnosis indicating that you have a sleep problem (insomnia) to ensure appropriate consideration of coverage.

1. Give the insurance company **Dr. Ashley Mason's** name. She is a licensed Clinical Psychologist (PhD) and her California State License number is 26991.
2. Give them the Current Procedure Codes (aka CPT Codes) for the sessions. You may/will need to check with your insurance that is specific for mental/behavioral health.

90791: One Individual intake session

90837: One Individual "out-take" session

90853: Five group sessions

Importantly, you will never attend an appointment more than once per week, so if your insurance will only cover one appointment per week, that will work with this program.

3. If the insurance company asks you, "Do they bill under UCSF?" you can tell them, "**Yes, they bill under UCSF. The Osher Center is a department at UCSF.**"
4. Medicare can cover this service. Dr. Mason is personally/individually registered with Medicare. Dr. Mason is assigned to UCSF TINs 94-3281660, 94-3281673, and 94-3281657. Dr. Mason is also listed on the UCSF commercial comprehensive roster.
5. If the insurance company has trouble locating us in their system, our **Tax ID number is 943281660.**
6. Check if your insurance covers the visits through the mental health portion of your plan. For example, insomnia can be coded as G47.0 (a medical diagnosis) or F51.01 (a mental health diagnosis). Our default is to use F51.01. If you need us to use G47.0, please notify our office.

If the insurance company asks you a question you are unable to answer, please call Yolanda Tompkins, Our Auth and Referral Coordinator, at (415) 514-2175 for assistance.

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