

For brokers, general producers and full-service producers

*Not intended for distribution to groups or members*

Date: January 3, 2019  
**Market: District of Columbia,  
51+ Risk**

## **Benefit Plan Update Effective January 1, 2019** **Applied Behavior Analysis (ABA) Services Covered**

Effective January 1, 2019, our benefit plans with habilitative benefits cover ABA services for the treatment of autism or autism spectrum disorders for 51+ fully insured (risk) business in the District of Columbia. Adding ABA coverage in the District of Columbia for 51+ groups allows us to provide consistent coverage throughout our service area.

Please note: In all cases, providers must obtain prior authorization as a requirement for ABA services for the treatment of autism or autism spectrum disorders.

### **Frequently Asked Questions**

*What is Applied Behavior Analysis (ABA)?*

ABA is a type of therapy for the treatment of autism or autism spectrum disorders focusing on improving specific behaviors and abilities such as social skills, communication, reading and academic learning. It also involves improving adaptive learning skills such as fine motor dexterity, hygiene, grooming, domestic capabilities, punctuality and job competence.

*Does this change 51+ group contracts?*

No. The benefit is available due to a change in medical policy and does not impact 51+ 2019 contracts or rates for the District of Columbia.

### **For more information**

If you have any questions, please contact your broker sales representative.