Student Quick Guide to UC SHIP Mental Health Benefits

- CAPS must write a referral for students to obtain non-urgent Anthem-SHIP mental health benefits.
- Referrals must be renewed annually.
- It is up to the client and mental health provider to verify benefits and fees before receiving services.
- UCSHIP Anthem Customer Service Phone # (866) 940-8306
- Some services, beyond routine outpatient care require preauthorization called in to Anthem at (800) 274-7767.
- In-network providers should submit claims directly to Anthem.
- SHIP may not cover your services if you have an additional insurance. If you have an insurance in addition to SHIP, please contact Anthem Members Services at (866) 940-8306 for guidance on how to proceed.
- To request reimbursement for out-of-network services, students must obtain a CAPS referral.

Fees

<table>
<thead>
<tr>
<th></th>
<th>BHS</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BHS</td>
<td>UC Family (UC Health Centers)*</td>
<td>Anthem In-Network Provider</td>
<td>Out-Of- Network Provider**</td>
</tr>
<tr>
<td>Therapy and Psychiatry Routine Outpatient Office Visits</td>
<td>$0</td>
<td>$5</td>
<td>$5 ‘19/20 plan year</td>
<td>$0 ‘20/21 plan year</td>
</tr>
<tr>
<td>Facility-Based Care (e.g. IOP, PHP)</td>
<td>$0</td>
<td>10%</td>
<td>$125+20%</td>
<td>$250+40%</td>
</tr>
<tr>
<td>Deductible (combined medical and mental health)</td>
<td>$0</td>
<td>$0</td>
<td>$300 – waived for office visits</td>
<td>$500</td>
</tr>
</tbody>
</table>

* UC Family includes providers associated with UC Medical Centers.
** Full fee required at time of service. The client responsible for submitting claims for reimbursement. Provider Fees may be higher than the Usual and Customary Rate.
Finding a SHIP-Anthem In-Network Mental Health Provider

After having obtained a referral from CAPS, you can identify a SHIP-Anthem provider in Los Angeles with the UCLA CAPS Community Provider Database at http://ucla.rints.com. In the search criteria, enter ‘Anthem’ for insurance.

You can also search for SHIP-Anthem providers by following these 5 steps:

Your internet browser will have to allow pop ups from the Anthem site

1. Go to anthem.com/ca. Locate the “Find a Doctor/Find Care” box on the top of the screen. Click the “Find a Doctor/Find Care” box.

2. Search as a Member. Scroll to the midway of the page. You can search your Medical Plan without logging in by entering your Member ID # or Alpha Prefix. SHIP students’ Alpha Prefix is “XDP”.

3. On the next screen
   - Enter the zipcode for the area you would like to receive your care
   - Use the search bar to search for care by specialty, name, NPI or license number.
   - Examples of search terms: psychologist, psychiatrist, social worker, marriage and family therapist
   - Licensed Clinical Social Workers, Marriage & Family Therapists provide talk therapy.
   - Psychologists provide talk therapy and may provide testing. Psychiatrists provide medication management and may provide some talk therapy.
   OR
   - Scroll down to “Types of Providers” and click “Behavioral Health Professionals”

4. On the next screen
   - You will see a listing of Care Providers
   - You may filter further with the boxes at the top of the listings (distance, specialty, other languages, etc)
   - You may click on a provider to get more information about them and their practice

5. You may print or email a custom directory listing from this page

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