

Opportunities for Improving Behavioral Health Access and MHPAEA Compliance

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Anshu Choudhri

Vice President, Policy Development, Blue Cross Blue Shield Association



**BlueCross
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Association

Blue Cross Blue Shield Association is an association of independent Blue Cross and Blue Shield companies.

Increasing Access to Behavioral Health Care

Blue Cross and Blue Shield companies are investing in solutions to ensure members have robust access to high-quality behavioral health services.

Youth Mental Health

Supporting early intervention strategies and quickly connecting patients to care

Health Equity

Supporting programs that relieve the strain of inequity in mental health care

Workforce Development

Funding workforce development and supporting integration of mental and primary care practices

Addressing Workforce Challenges

- Demand for behavioral health care services outstrips the existing workforce's capacity.
- BCBS companies are taking steps to bridge the gap:

Supporting efforts to integrate behavioral health and primary care

Engaging with providers to implement value-based reimbursement arrangements

Contracting with behavioral health vendors to build out robust networks

Supporting existing providers with mental health management

Including alternative provider types in networks

Improving Effectiveness of MHPAEA

- BCBS companies actively work to comply with the Mental Health Parity and Addiction Equity Act (MHPAEA).
- To improve compliance, BCBSA recommends five key steps:

Improve clarity in compliance expectations

Clarify the audit process

Align compliance practices across state and federal regulators

Reinforce states' authority to oversee compliance

Provide the opportunity for plans to fully implement new guidance

Questions?

Anshu Choudhri
Vice President, Policy Development
Policy & Advocacy
Blue Cross Blue Shield Association
Anshuman.Choudhri@bcbsa.com