

2019 Behavioral Medical Necessity Criteria

After receiving feedback from a variety of professional and consumer sources, Cigna's Behavioral Health Quality Committee has adopted and updated its Standards and Guidelines / Medical Necessity Criteria for Treatment of Mental Health and Substance Use Disorders. The criteria use evidence-based and accepted clinical practice guidelines for condition-specific management of illness.

The Standards and Guidelines / Medical Necessity Criteria for Treatment of Mental Health and Substance Use Disorders became effective on January 1, 2019, and are now available on the Cigna for Health Care Professionals website at CignaforHCP.com > Resources > Behavioral Health Resources > Medical Necessity Criteria > Medical Necessity Criteria.