



## Maine precertification/prior authorization list

Updated: June 1, 2025

The following guidelines apply to Anthem products issued and delivered by Anthem in Maine. For information on precertification requirements for those members of National Accounts please call the number on the member's card. To verify member eligibility, benefits and account information please call the telephone number listed on the back of the member's identification card.

Precertification/prior authorization is the determination by Anthem that selected inpatient and outpatient medical services (including surgeries, major diagnostic procedures and referrals) are medically necessary. For the member to receive maximum benefits, Anthem must authorize the services for which precertification/prior authorization is required prior to being rendered. Precertification/prior authorization can help avoid unnecessary charges or penalties by helping to ensure that the member's care is medically necessary and administered at an appropriate network facility and by a network provider.

Note: NOC and unlisted codes — codes may not reflect precertification is required but codes may require medical necessity review upon claims submission depending on diagnosis and/or reimbursement level.

### **Precertification/prior authorization includes:**

- A review of both the service and the setting.
- Care will be covered according to the member's benefits for the number of days authorized unless our concurrent review determines that additional days qualify for coverage.
- Certain services may require the member to use a provider designated by Anthem's Utilization Management staff.
- A copy of the approval will be provided to the member and the physician or provider of service.
- For benefits to be paid, the member must be eligible for benefits and the service must be a covered benefit under the contract at the time the services are rendered and the member must not have exceeded any benefit limitations under their plan.

### **Responsibility for precertification/prior authorization:**

For HMO type health plans: Under our HMO plans and products:

- It is the participating physician's or provider's responsibility to contact Anthem's Utilization Management Department at **800-531-4450**, or such other number indicated below for specific services, to obtain precertification/prior authorization.
- The request must come from the provider or facility rendering the service, not the referring physician, except where described below for specific services.
- If precertification/prior authorization is not obtained, the claim payment may be reduced or denied by the Plan and the member must be held harmless.

For PPO type health plans: Under our PPO plans and products:

- Services provided by a network provider: The provider is responsible for precertification/prior authorization
- Services provided by a BlueCard® or non-participating provider: The member is responsible for precertification/prior authorization.

The member is financially responsible for services and/or settings that are not covered under the certificate based on an adverse determination of medical necessity or experimental or investigational services.

- Contact Anthem's Utilization Management Department to obtain precertification/prior authorization at: **(800) 531-4450**, or such other number indicated below for specific services.

#### **UM decisions — appropriateness of care and services**

As part of our goal to improve the health of the members we serve, we are committed to promoting appropriate utilization of medical services. Please note the following:

Individuals who make utilization management decisions do not receive compensation or incentives to deny care. This also applies to individuals who supervise them, including management, medical directors, utilization management managers and licensed staff. Utilization management decisions are based only on appropriateness of care and services and existence of coverage. The plan does not specifically reward for denial of services, or offer incentives to encourage denial of services.

Providers may contact Carelon Medical Benefits Management, Inc. for prior authorization/preservice clinical review medical necessity reviews of the services listed below through the following options:

Access Carelon Medical Benefits Management provider portal directly at **providerportal.com**. Online access is available 24/7 to process orders in real-time, and is the fastest and most convenient way to request authorization.

Access Carelon Medical Benefits Management via Availity Essentials at **<https://Availity.com>**.

Call the Carelon Medical Benefits Management Contact Center toll-free number: **866-714-1107**, Monday through Friday, 8 a.m. to 6 p.m. ET.

For benefits to be paid, the member must be eligible on the date of service and the service must be a covered benefit under the policy. **This list is subject to change and is not all inclusive.**

Category description	Responsible party	Comments
Ablative Techniques as a Treatment for Barrett's Esophagus	Anthem	
Admissions: <ul style="list-style-type: none"> <li>• Elective admissions</li> <li>• Gastric bypass surgery</li> <li>• Human organ and bone marrow/stem cell transplants</li> <li>• Inpatient hospice</li> <li>• Inpatient rehabilitation admissions</li> <li>• Inpatient skilled nursing facility admission</li> <li>• Obstetrical (OB) related medical stay, excludes childbirth</li> </ul>	Anthem	
Admissions from ER	Anthem	Requires medical necessity review for all Commercial Business (Except Anthem Essential Choice aka Limited Duration Plan)
Allogeneic, Xenographic, Synthetic, Bioengineered, and Composite Products for Wound Healing and Soft Tissue Grafting	Anthem	
Ambulance Services: Air and Water	Anthem	
Bariatrics	Carelon Medical Benefits Management or Anthem	
Base Surgical	Carelon Medical Benefits Management	

Behavioral Health Services: <ul style="list-style-type: none"> <li>• Inpatient behavioral health and substance abuse admissions</li> <li>• Partial hospital program (PHP)</li> <li>• Intensive outpatient programs (IOP)</li> <li>• Intensive in-home services</li> <li>• Transcranial magnetic stimulation (TMS)</li> <li>• Applied behavior analysis (ABA)</li> </ul>	Anthem	<b>Contact Behavioral Health at 800-755-0851</b> Prior authorization requirements for psychological testing and outpatient services vary by product and plan. Contact the number on the member's ID card to verify requirements and eligibility.
Biofeedback and Neurofeedback	Anthem	
Blepharoplasty, Blepharoptosis Repair, and Brow Lift	Anthem	
Cardiac Electrophysiological Studies (EPS) and Catheter Ablation	Anthem	
Cardiovascular: <ul style="list-style-type: none"> <li>• Arterial ultrasound</li> <li>• Cardiac catheterization</li> <li>• Cardiac devices</li> <li>• Coronary angiography</li> <li>• Non-invasive diagnostic vascular studies</li> <li>• Percutaneous coronary intervention (PCI)</li> </ul>	Carelon Medical Benefits Management	
Catheter-based Embolization Procedures for Malignant Lesions Outside the Liver	Anthem	
Certain Outpatient Utilization Management Services	Carelon Medical Benefits Management	
Cochlear Implants and Auditory Brainstem Implants	Anthem	
Cooling Devices and Combined Cooling/Heating Devices	Anthem	
Cosmetic and reconstructive procedures of skin, head, neck, trunk, groin, and extremities	Anthem	
Cryosurgical, Radiofrequency, Microwave or Laser Ablation to Treat Solid Tumors Outside the Liver	Anthem	
Durable medical equipment	Anthem	
Echocardiology: <ul style="list-style-type: none"> <li>• Stress echocardiography (SE)</li> <li>• Transesophageal echocardiography (TEE)</li> <li>• Resting transthoracic echocardiography (TTE)]</li> </ul>	Carelon Medical Benefits Management	

Fertility	Carelon Medical Benefits Management	
Gastrointestinal Endoscopy (EGD) in adults	Carelon Medical Benefits Management	
Gene Therapy for: Beta Thalassemia, Duchenne Muscular Dystrophy, Hemophilia, Ocular Conditions, Spinal Muscular Atrophy, Sickle Cell Disease	Anthem	
Genetic Testing	Carelon Medical Benefits Management	
Home Parenteral Nutrition	Anthem	
Hyperbaric Oxygen Therapy (Systemic/Topical)	Anthem	
Hysterectomy	Anthem	
Implantable Peripheral Nerve Stimulation Devices as a Treatment for Pain	Anthem	
Intraocular Anterior Segment Aqueous Drainage Devices (without extraocular reservoir)	Anthem	
Lab/Pathology	Anthem	
Maternity admissions — vaginal and cesarean deliveries if more than two days or four days respectively	Anthem	
Medical diagnostic/treatment services	Anthem	
Medical oncology drugs	Carelon Medical Benefits Management	
Musculoskeletal <ul style="list-style-type: none"> <li>• Joint surgeries/replacements</li> <li>• Pain management injections</li> <li>• Spinal surgery</li> </ul>	Carelon Medical Benefits Management	
Nuclear cardiology	Carelon Medical Benefits Management	
Oral, Pharyngeal and Maxillofacial Surgical Treatment for Obstructive Sleep Apnea or Snoring	Anthem	

Orthotics/Prosthetics	Anthem	
Out of network referrals/services	Anthem	
Physical Therapy, Occupational Therapy, and Speech Therapy	Carelon Medical Benefits Management	Includes Site of Care review
Private duty nursing in the Home Setting	Anthem	
Radiation therapy <ul style="list-style-type: none"> <li>• Intensity-Modulated Radiation Therapy (IMRT)</li> <li>• Proton Beam</li> <li>• Brachytherapy</li> <li>• Stereotactic Radiosurgery (SRS)</li> <li>• Stereotactic Body Radiotherapy (SBRT)</li> </ul>	Carelon Medical Benefits Management	
Radiology <ul style="list-style-type: none"> <li>• Computerized Tomography (CT)</li> <li>• Magnetic resonance angiography (MRA)</li> <li>• Magnetic resonance imaging (MRI)</li> <li>• Myocardial sympathetic innervations imaging with or without SPECT</li> <li>• Positron emission tomography (PET)</li> </ul>	Carelon Medical Benefits Management	
Selected Blood, Serum and Cellular Allergy and Toxicity Tests	Anthem	
Selected diagnostic testing	Carelon Medical Benefits Management or Anthem	

<p>Selected surgery — for example:</p> <ul style="list-style-type: none"> <li>• Breast Procedures; including Reconstructive Surgery, Implants and Other Breast Procedures</li> <li>• Cranial/facial surgery</li> <li>• Nasal/sinus surgery</li> <li>• Panniculectomy and Abdominoplasty</li> <li>• Partial Left Ventriculectomy</li> <li>• Penile Prosthesis Implantation</li> <li>• Scoliosis Surgery</li> <li>• Temporomandibular Disorders</li> <li>• Treatment of Varicose Veins (Lower Extremities)</li> <li>• Uterine Fibroid Ablation: Laparoscopic, Percutaneous or Transcervical Image Guided Techniques</li> </ul>	Anthem	
Site of Care review for select surgical services	Carelon Medical Benefits Management	
<p>Sleep Testing and Treatment:</p> <ul style="list-style-type: none"> <li>• Multiple Sleep Latency Test (MSLT)</li> <li>• Polysomnography, home sleep study and home portable monitors</li> </ul>	Carelon Medical Benefits Management	
Specialty Pharmacy medications	CarelonRx	Requirements can be found at <a href="https://www.anthem.com/pharmacy-information/for-providers/clinical-criteria">https://www.anthem.com/pharmacy-information/for-providers/clinical-criteria</a>
Stem cell/bone marrow transplant (with or without myeloablative therapy) and donor leukocyte infusion	Anthem	Contact Anthem transplant unit at 888-574-7215
Therapeutic Apheresis	Anthem	
Transplant services	Anthem	Contact Anthem transplant unit at 888-574-7215
Vascular Services	Carelon Medical Benefits Management	
Wearable Cardioverter Defibrillators	Anthem	

*Carelon Behavioral Health, Inc. is an independent company providing utilization management services on behalf of the health plan*

*Carelon Medical Benefits Management, Inc. is an independent company providing utilization management services on behalf of the health plan.*

*CarelonRx, Inc. is an independent company providing pharmacy benefit management services on behalf of the health plan.*

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