LETTER TO ANTHEM

I am writing in regards to Anthem’s planned reimbursement rate cut for the primary CPT code
(97153) for ABA services in Kentucky. Reductions of 25% for in-network ABA providers will be financially devastating to providers, forcing them to leave the network. This will, in turn, raise serious concerns about Anthem’s network adequacy for providing services to individuals with autism spectrum disorder and related disabilities.

When Anthem members are notified that their providers are leaving the network, they will be faced with the difficult choice of either (1) remaining with their provider, with whom their child has established a therapeutic relationship and made foundational progress, and paying steep out-of-network costs, (2) finding another provider who remains in-network with Anthem, which will be difficult given consequential blows to network adequacy from these rate cuts, and being put on ever-growing wait lists for services, or (3) losing services altogether.

All three of these choices are unacceptable. At best, disruptions in continuity of care and the provider/client therapeutic relationship will be harmful to any progress made over the course of treatment. At worst, being forced onto wait lists and losing services, either temporarily or permanently, will be devastating in terms of regression, prognosis, quality of life, and financial stability.

ABA providers of Kentucky are simply seeking thoughtful reconsideration of the planned reimbursement rate cut. With November 1st fast approaching, many of these providers have already begun or plan to initiate conversations with their clients and their families regarding continuity of care, network inadequacy, waiting lists, and the likelihood of seeking out other providers. There are already reported 6-month wait lists for ABA services at in-network Anthem providers. The planned rate cuts and consequential provider exodus will exacerbate these wait lists and cause harm to individuals with autism and related disabilities and their families.

ABA providers and families seek a resolution that does not harm the individuals and families they treat and allows them to stay in network as Anthem providers.