



GUIDELINES FOR PSYCHOLOGICAL TESTING REFERRALS

PSYCHOLOGICAL TESTING

What is psychological testing?

Psychological testing is the use of standardized instruments and systematic procedures to assess a patient's affective, cognitive, perceptual, visual-motor and/or verbal functioning. Such instruments and procedures are typically used for clarification of differential diagnostic and treatment issues.

When is psychological testing approved?

Requests for psychological testing may be approved if the criteria for medical necessity are met. The criteria include:

- *Need for clarification of diagnosis to improve behavioral health and medical care;*
- *Identify specific clinical question(s) to be addressed;*
- *Prior clinical evaluation that includes, but not necessarily limited to, history of psychiatric illness, participation and response to treatment, substance abuse history, treatment history, mental status exam, and assessment of risk.*

How do I make a referral for psychological testing?

The provider must complete the Testing Prior Authorization Request Form (PARF) and fax or mail to the HNE Behavioral Health Department. The provider must meet the above criteria (listed under "When is Psychological Testing Approved) and must present a clinical rationale for the testing. The Behavioral Health Specialist will review the clinical information to determine if the referral is appropriate. When necessary, the Behavioral Health Specialist will review with a physician or psychologist reviewer.

Who can make a referral for psychological testing?

Any in-plan MD or Behavioral Health provider.

Who can perform the psychological testing?

Any HNE licensed psychologist who has had formal training in psychological testing.