

# Maternal mental health screening

## Quick reference guide

### Overview

The law requires licensed health care professionals who provide prenatal and/or postpartum care to perform a maternal mental health screening at least once during pregnancy and an additional screening during the first 6 weeks of the postpartum period.

Additional postpartum screenings should be conducted as medically necessary and clinically indicated in the judgment of the licensed health care professional.

### Guidelines for maternal mental health screenings

The American College of Obstetricians and Gynecologists (ACOG) recommends OB-GYNs and other obstetric health care professionals **screen patients for depression and anxiety** at the initial prenatal visit, later in pregnancy and at postpartum visits using a standardized, validated tool.

Clinical staff should be prepared to start medical therapy and/or refer patients to appropriate behavioral health resources.

### How to perform maternal mental health screenings

The state of California and ACOG recommend you use the following guidelines when performing maternal mental health screenings:

- Use the **Patient Health Questionnaire (PHQ-9)** and **Edinburgh Postnatal Depression Scale (EPDS)** or other standardized tools during pregnancy and/or postpartum period tool during pregnancy and/or the postpartum period
  - Read the instructions and test before giving and scoring the test
- Refer the member to behavioral health and/or substance abuse services as needed
  - Monitor the referral process to help ensure the member successfully receives treatment

### Behavioral health contacts

Please refer to resources that assist patients who may need mental health and/or substance abuse treatment:

- Mental Health and Substance Abuse (OptumHealth Behavioral Solutions of California)
  - Support Line: **866-209-9320**
  - **Providerexpress.com**

## Support services for members

Please have members check with their employer group to verify their maternity benefit. If an Administrative Services Only (ASO) member wants deeper maternity support, please refer them to the Personal Health Support page. We offer maternal health support services, such as:

- **Maternity Support Program:** This program promotes healthy birth outcomes for pregnant members, through telephone maternal coaching and online maternity educational videos
- **High-Risk Solutions:** This program promotes healthy birth outcomes for pregnant members, especially those with high-risk pregnancies. A high-risk care team will engage the member with their health plan and their health care provider as needed.

## Quality monitoring for maternal mental health care

The UnitedHealthcare of California quality team reviews medical records to help ensure you are complying with maternal mental health screening requirements. The quality team assess records for mental health screening during the patient's second or third trimester and at the postpartum visit.



### Questions? We're here to help.

Please email [ca\\_pr\\_team@uhc.com](mailto:ca_pr_team@uhc.com) to contact a provider advocate.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Health plan coverage provided by UnitedHealthcare of Arizona, Inc., UHC of California DBA UnitedHealthcare of California, UnitedHealthcare Benefits Plan of California, UnitedHealthcare of Colorado, Inc., UnitedHealthcare of the Mid-Atlantic, Inc., MAMSI Life and Health Insurance Company, UnitedHealthcare of New York, Inc., UnitedHealthcare Insurance Company of New York, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare of Pennsylvania, Inc., UnitedHealthcare of Texas, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Utah, Inc., UnitedHealthcare of Washington, Inc., Optimum Choice, Inc., Oxford Health Insurance, Inc., Oxford Health Plans (NJ), Oxford Health Plans (CT), Inc., All Savers Insurance Company, Tufts Health Freedom Insurance Company or other affiliates. Administrative services provided by OptumHealth Care Solutions, LLC, OptumRx, Oxford Health Plans LLC, United Health-Care Services, Inc., Tufts Health Freedom Insurance Company or other affiliates. Behavioral health products provided by U.S. Behavioral Health Plan, California (USBHPC), United Behavioral Health (UBH), or its affiliates.