

NEW AUTISM BENEFIT FOR TWU LOCAL 100 MEMBERS

APPLIED BEHAVIOR ANALYSIS (ABA THERAPY)



INFORMATION



Employee And Pre-Medicare Retiree Medical Plan Improvement:

The Medical Plan for active employees and pre-Medicare retirees will include coverage for Applied Behavior Analysis (ABA) services to individuals with Autism Spectrum Disorder.

No change in Active Member medical contribution.

Aetna's network for ABA coverage has providers across the country so there isn't one inclusive network list. Members can search for in-network ABA providers the same as they would for any other provider through their Aetna member website. Members can search under Mental Health and then by specialty of Autism. They can also call Concierge for a list of providers based on the desired location or zip code.

Families can also call the Autism Care Support team at 866-724-0604, ext. 5, and leave a detailed message asking for ABA providers and one of Aetna's Care Planners or Autism Care Clinicians will assist in locating available in-network providers.

MTA NYCT / TWU Local 100 - Applied Behavioral Analysis (ABA)

In-Network	Basic Plan	High Plan	Select Plan	Plus Plan
*Applied Behavioral Analysis (ABA)	100%	100%	100%	100%
Out-of-Network	Basic Plan	High Plan	Select Plan	Plus Plan
*Applied Behavioral Analysis (ABA)	\$100 deductible, custom fee schedule	\$100 deductible, custom fee schedule	Not Covered	70% after \$1,000 deductible

*ABA is a therapy based on the science of learning and behavior. It is typically used to help people with autism disorders learn behaviors that help them live safer and more fulfilling lives. ABA focuses on teaching necessary skills and stopping dangerous behaviors rather than preventing harmless self-stimulatory behavior (stims). Therapists work with autistic people to improve skills such as communication and language abilities, social skills, self-care and hygiene routines, play and leisure skills and motor abilities.

Pre-Authorization is required for ABA services



Easy does it

Autism spectrum disorder

Care and coverage just got a little easier

Your health plan covers treatment

If you or your child has autism spectrum disorder, you've likely faced some challenges. Maybe it's finding providers who specialize in autism. Or getting the most from your health plan.

The good news? Your behavioral health plan covers treatment with applied behavior analysis (ABA).

ABA treatment may help

ABA is considered one of the most effective treatments for autism spectrum disorder. ABA can help:

- Change behaviors in a positive way
- Increase quality of life by working on useful and productive behaviors
- Reduce harmful behaviors

The **earlier** treatment starts, the more **effective** it can be.



[aetna.com](https://www.aetna.com)

Advocates and providers to support you

The right support when you need it

Autism advocates have special training in autism spectrum disorder. Your advocate can help:

- Answer questions about your benefits, including treatment with ABA
- Pair you or your child with the right providers
- Connect you with resources for caregivers and family support
- Coordinate with autism care providers and caregivers

Help from your autism advocate

Reach out to your autism advocate for support at **1-866-724-0604 (TTY: 711), option 5**. An advocate can help you connect with network providers who are certified in ABA. Or you can use our provider search tool on [aetna.com](https://www.aetna.com). The ABA program requires precertification (approval). Ask your provider to call the advocate phone number listed below.

Connect with your autism advocate today. Just call **1-866-724-0604 (TTY: 711), option 5**.

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Member testimonial

"I have had a painful time finding an ABA program that suits my son's needs. I have been very lost, confused, stressed and sad ... Emily helped me find the **light at the end of the tunnel**. Emily helped me as if she was part of my family, like a sister, not a call rep."

Provider testimonial

"I'm always pleased when we have a new client with Aetna insurance because I know I have a **knowledgeable case manager** to speak with."



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