

Psychedelic Medication Therapy (e.g. Ketamine, Psilocybin, MDMA)

Background

- In-person monitoring/intervention during psychedelic medication therapy (e.g. ketamine, psilocybin, MDMA) is not currently covered by The Plan.
- These services are addressed in the [“New and Emerging Technologies and Other Non-Covered Services \(Company\)”](#) policy.

Regulatory Status

- Neither psilocybin nor MDMA are FDA-approved and both remain Schedule I substances.
- Non-FDA-approved services may be denied in accordance with the [“Definition of Investigational \(Company\)”](#) policy.
- Ketamine is FDA-approved as an anesthetic but is not FDA-approved for psychiatric indications.
- The Plan does not consider ketamine-assisted or psychedelic-assisted psychotherapy medically necessary due to insufficient evidence demonstrating clinical utility. Related monitoring and intervention services are reported with CPT codes 0820T, 0821T, and 0822T.
- Coverage determinations for medications such as Spravato® (esketamine) are governed by the applicable Pharmacy policy and are separate from the coverage status of CPT codes 0820T, 0821T, and 0822T.

Coding

- CPT codes 0820T, 0821T, and 0822T describe in-person monitoring and intervention during psychedelic medication therapy.
- These codes are considered “not medically necessary” and are included in the [“New and Emerging Technologies and Other Non-Covered Services \(Company\)”](#) policy as well as the [“Non-Covered and Limited Services List.”](#)
- Other psychotherapy codes (e.g., CPT 90837-90840) should not be used to report services described by 0820T-0822T.

Questions?

- Email the Medical Policy Team at: PHPMedicalPolicyInquiry@providence.org