

# SUMMARY PLAN DESCRIPTION LANGUAGE

## Summary Plan Description Language: Alcohol Misuse (Screening)

### Covered Screening

Screening for alcohol misuse is a covered benefit. Coverage includes the use of validated screening tools such as:

- Single-question alcohol screens
- Alcohol Use Disorders Identification Test (AUDIT) or AUDIT-C
- CAGE

### Initiation, Cessation, and Interval

Screening is a covered benefit beginning at age 18. Coverage is provided for younger populations depending on risk and need. For average-risk populations, one screen is covered annually. More frequent screening is covered for individuals at risk for alcohol misuse, including people with a history of alcohol misuse or alcohol-related health and social problems.

## Summary Plan Description Language: Alcohol Misuse (Counseling)

### Covered Counseling

Counseling is a covered benefit for patients who meet criteria for alcohol misuse. Three levels of counseling are covered:

- “Very brief” interventions that last up to 5 minutes and have no follow-up.
- “Brief” counseling interventions that last 15 minutes and have no follow-up.
- “Multi-contact” interventions that include one initial session lasting at least 15 minutes that is followed by several additional contacts.

### Initiation, Cessation, and Interval

Eight (8) counseling sessions are covered per calendar year. Intervals between counseling sessions are at the discretion of the provider.