



MedStar Health

MedStar Health Primary Care/Behavioral Health

Frequently asked questions.

What is MedStar Health primary care/behavioral health?

Our MedStar Health primary care/behavioral health program is a collaborative approach to managing behavioral health within primary care. The approach brings together professionals who develop and implement a shared treatment plan focused on measurable outcomes. The care team includes you, your primary care provider (PCP), a care manager, and a consulting psychiatrist.

What symptoms or disorders are appropriate for this program?

The goal of the collaborative care approach to behavioral health is to quickly and effectively address symptoms and disorders including stress, grief, anxiety, depression, and alcohol and drug use that negatively impact your life.

Why incorporate behavioral health as part of your primary care team?

This collaborative care approach to behavioral health is effective and convenient. Consider this an extension of your primary care team. Your PCP works with a behavioral health care manager

and consults with a psychiatrist to help with interventions and/or medications to address any concerns. The benefit of offering you access to specialized behavioral health support using this approach eliminates the need to go outside of your primary care office.

Who is on your MedStar Health primary care/behavioral health team?

Your care team consists of the following:

1. Your PCP will remain in charge of your primary care and leads the team.
2. The care manager will be your main point of contact and will be in contact with you on a regular basis. They will help with strategies for improving your symptoms, including medication management if desired.
3. A consulting psychiatrist will provide their expert advice on medications and other interventions to your care manager and PCP.
4. You are a critical member of the team and will help establish your treatment goals and preferences.

What can you expect at your initial appointment?

You should plan an hour for your initial appointment with your care manager. You will discuss your immediate concerns, medical history, and treatment goals. This information helps your care team create a personalized care plan tailored to your needs and preferred treatment options.

Is MedStar Health primary care/behavioral health covered by my insurance?

As this is a primary care service, most insurance plans cover behavioral health the same way they do primary care. Note that any deductibles and coinsurance will apply to this collaborative care approach to behavioral health the same way they do other medical care. If you would like to confirm the specifics of your coverage with your insurance plan, it will be helpful to provide them with the following billing codes: 99492, 99493, 99494, and G2214.

Please note you will receive one bill each month with one co-pay, regardless of the number of visits. All visits will be billed under your primary care provider's name.

It's how we treat people.