

aetna insurance coverage for therapy

Aetna Insurance Coverage for Therapy: A Comprehensive Guide

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Publisher: The Health Policy Institute (HPI), a non-profit organization dedicated to providing unbiased research and analysis on healthcare policy in the United States. HPI has a long-standing reputation for its rigorous methodology and commitment to data transparency, making it a trusted source of information on insurance coverage issues.

Editor: Sarah Miller, MA, a seasoned editor with over 10 years of experience in health journalism and a particular focus on mental health coverage and insurance complexities.

Keyword: Aetna insurance coverage for therapy

Summary: This report provides a detailed analysis of Aetna insurance coverage for therapy, exploring various aspects including plan types, covered services, out-of-pocket costs, finding in-network providers, and navigating the claims process. It utilizes publicly available data from Aetna, government reports, and independent research to provide a comprehensive understanding of what individuals can expect when seeking therapy with Aetna insurance. The report concludes that while Aetna generally offers coverage for therapy, the specifics vary widely depending on the individual's plan and the type of therapy sought. Navigating the system effectively requires careful attention to policy details and proactive communication with Aetna.

1. Understanding Aetna's Coverage for Mental Health Services

Aetna, one of the largest health insurance providers in the United States, offers various plans with varying levels of coverage for therapy. Determining your specific Aetna insurance coverage for therapy hinges on several factors, including your chosen plan (e.g., HMO, PPO, EPO), your employer's contribution, and the specifics outlined in your policy documents. While Aetna generally includes mental health benefits as part of its comprehensive coverage, the extent of this coverage can differ significantly.

1. Types of Therapy Covered by Aetna

Aetna typically covers a broad range of mental health services, including but not limited to:

Individual therapy: Sessions with a licensed therapist for individual treatment of mental health conditions.

Group therapy: Sessions involving multiple individuals with similar mental health concerns, often facilitated by a therapist or counselor.

Family therapy: Sessions involving family members to address relational dynamics and support individual well-being.

Medication management: In some plans, medication management by a psychiatrist or other qualified physician may be covered in conjunction with therapy.

However, it's crucial to verify the specific types of therapy covered under your particular Aetna insurance coverage for therapy plan. Some plans may have limitations on the number of sessions or may not cover certain specialized therapies, such as EMDR or neurofeedback.

1. Finding In-Network Providers for Aetna Therapy Coverage

Accessing affordable therapy requires finding an in-network provider. Using Aetna's online provider directory is crucial. This directory allows you to search for therapists within your network based on location, specialty, and other criteria. Choosing an in-network therapist ensures lower out-of-pocket costs compared to utilizing an out-of-network provider. Understanding your Aetna insurance coverage for therapy and its network limitations is paramount.

1. Out-of-Pocket Costs and Copays for Therapy

The cost of therapy with Aetna varies significantly depending on the plan. Key factors influencing out-of-pocket expenses include:

Premium: The monthly amount you pay for your insurance coverage.

Deductible: The amount you must pay out-of-pocket before your insurance begins covering services.

Copay: The fixed amount you pay per therapy session.

Coinsurance: Your share of the cost after meeting your deductible.

Maximum out-of-pocket: The maximum amount you will pay for covered services in a given year.

Reviewing your policy documents carefully to understand these cost-sharing

elements is vital to managing your expenses related to your Aetna insurance coverage for therapy.

1. Navigating the Claims Process with Aetna

Submitting claims for therapy sessions typically involves providing Aetna with a claim form completed by your therapist. Many therapists submit claims electronically, streamlining the process. Understanding your Aetna insurance coverage for therapy and the claims process beforehand avoids delays and potential discrepancies. Always keep copies of all submitted paperwork for your records.

1. Appealing Denied Claims

Occasionally, Aetna may deny claims. If this occurs, understanding your rights and the appeals process is crucial. Aetna usually outlines its appeals process in its policy documents. Gather all necessary supporting documentation and carefully follow the prescribed steps. In some cases, seeking assistance from a patient advocate can prove beneficial.

1. Aetna's Coverage for Specific Mental Health Conditions

While Aetna generally covers therapy for various mental health conditions, understanding its specific coverage for particular diagnoses is essential. Conditions such as depression, anxiety, PTSD, and substance abuse are commonly covered, but the extent of coverage may vary based on the specific plan and the individual's needs. Contacting Aetna directly or consulting your therapist is advisable to understand how your specific condition impacts your Aetna insurance coverage for therapy.

1. Changes and Updates to Aetna's Coverage

Insurance coverage can change, so staying informed about updates to your Aetna insurance coverage for therapy is essential. Review your policy documents regularly and be aware of any announcements from Aetna regarding changes to coverage benefits or provider networks.

1. Utilizing Aetna's Resources

Aetna offers various resources to help members navigate their coverage. Their website provides a wealth of information, including FAQs, plan details, provider directories, and claims information. Their customer service lines can also answer specific questions and offer assistance. Taking advantage of these resources is critical for maximizing your benefits under your Aetna insurance coverage for therapy.

Conclusion:

Securing adequate mental health care is crucial for overall well-being. Understanding your Aetna insurance coverage for therapy is a critical step in accessing the necessary treatment. While Aetna generally offers coverage, it's essential to meticulously review your specific plan, understand the related costs, and proactively navigate the system to ensure access to the therapy you need. Utilizing Aetna's resources and staying informed about any changes to the policy are key to a successful experience.

FAQs:

1. Does Aetna cover all types of therapy? No, Aetna covers a wide range of therapy types, but not all. Specific coverage depends on your plan and the therapist's qualifications.
1. How do I find an in-network therapist with Aetna? Use Aetna's online provider directory to locate therapists in your network based on location, specialty, and other criteria.
1. What is my out-of-pocket cost for therapy with Aetna? This varies widely depending on your plan, deductible, copay, and coinsurance. Review your plan documents carefully.
1. What if my therapy claim is denied? Understand your rights and follow Aetna's appeals process. Gather supporting documentation and consider seeking assistance from a patient advocate.

1. Does Aetna cover medication management in conjunction with therapy? This depends on your specific plan. Some plans include medication management, while others may not.
1. How often should I review my Aetna policy documents? It is recommended to review your policy documents regularly, ideally at least once a year, and whenever you suspect a change in benefits.
1. Can I use an out-of-network therapist with Aetna? Yes, but your out-of-pocket costs will be significantly higher.
1. Where can I find more information about Aetna's mental health coverage? Visit Aetna's website, or contact their customer service department.
1. Does Aetna cover therapy for children and adolescents? Yes, Aetna generally covers therapy for children and adolescents, although the specific coverage may vary depending on the plan.

Related Articles:

1. Aetna's Mental Health Parity Compliance: Examines Aetna's adherence to federal mental health parity laws and its impact on therapy coverage.
1. Understanding Your Aetna Benefits Summary: A guide to deciphering your Aetna benefits summary to understand your specific coverage for mental health services.
1. How to Choose the Right Therapist with Aetna Insurance: Provides tips on selecting a therapist within your Aetna network to optimize your experience.

1. Aetna's Coverage for Substance Abuse Treatment: Focuses specifically on Aetna's coverage for substance abuse treatment, including therapy and other services.
1. Appealing a Denied Mental Health Claim with Aetna: Provides a step-by-step guide to appealing a denied mental health claim with Aetna.
1. The Role of Teletherapy in Aetna's Coverage: Explores Aetna's coverage for telehealth services and its implications for accessibility to therapy.
1. Cost-Comparison of Different Aetna Plans for Therapy: Compares the costs associated with different Aetna plans to determine the best value for therapy coverage.
1. Aetna's Network of Mental Health Providers: A detailed overview of the types of mental health providers included within Aetna's network and the services they offer.
1. Finding Affordable Therapy with Aetna Insurance: Provides practical strategies and advice on finding affordable therapy options within the Aetna network.

aetna insurance coverage for therapy: Therapy in the Real World Nancy Boyd-Franklin, Elizabeth N. Cleek, Matt Wofsy, Brian Mundy, 2013-06-03 Helping beginning and experienced therapists cope with the myriad challenges of working in agencies, clinics, hospitals, and private practice, this book distills the leading theories and best practices in the field. The authors provide a clear approach to engaging diverse clients and building rapport; interweaving evidence-based techniques to meet therapeutic goals; and intervening effectively with individuals, families, groups, and larger systems. Practitioners will find tools for addressing the needs of their clients while caring for themselves and avoiding burnout; students will find a clear-headed framework for making use of the variety of approaches available in mental health practice.

aetna insurance coverage for therapy: *Hyperthermia in Cancer Therapy* F. Kristian Storm, 1983

aetna insurance coverage for therapy: Perfectionism Michael Brustein, PsyD, 2013-10-23
When I read this book, I was struck by how perfectionistic traits permeate the lives of many of our patients in ways I had not previously considered. Dr. Brustein has done a great service for the therapist in their treatment of many of the patients they will encounter. His text is very well organized and facilitated being able to compare and contrast different approaches to the treatment of perfectionism. The clinical examples provide clear applications of the research material which is described at the beginning of each chapter. Dr. Brustein clearly has a mastery of not only the dynamics of perfectionism, but various philosophical approaches to understanding and treating patients in general. He's a skilled and masterful therapist. Jacob Kader, PsyD Director of Psychology, Manhattan Psychiatric Center Perfectionism is a prevalent issue that many of those I've treated have struggled with, to the point of serious impairment in daily functioning. This book is an excellent guide for any practitioner working with difficult perfectionist patients. It also provides rich case examples and applied theory that can be a useful tool for teaching purposes at any level. Rick Barnett, PsyD, LADC M.S. Clinical Psychopharmacology President, Vermont Psychological Association Compelling research has recently established the negative effects of perfectionism, yet until now, no serious texts have addressed the management of perfectionist traits as they arise in psychotherapy. This is the first professional volume to provide practical guidance in using psychodynamic and cognitive behavioral therapies to help clients who present maladaptive forms of perfectionism. The book uses an integrated approach to understand the etiology of perfectionism from the perspectives of respected researchers and theorists. It addresses the assessment of adaptive and maladaptive forms of perfectionism, how to manage the defenses and ambivalence displayed by perfectionist clients, and their tendencies toward termination. Case studies will aid psychotherapists in understanding the complex transference and counter-transference issues that often arise with this population. Key Features: Provides practical guidance from an experienced clinician Highlights the importance of addressing perfectionism as an underlying factor in psychopathology Presents a link between specific disorders and perfectionist traits Offers ways to create a positive therapeutic alliance with the resistant perfectionist client

aetna insurance coverage for therapy: Women and Mental Health Dora Kohen, 2014-02-04
We know that gender traits and mental disorders are based on social, cultural, personal and physiological background. In order to formulate the best management plan for the patient, the mental health practitioner needs to incorporate all available information. *Women and Mental Health* provides a comprehensive overview of the most prominent mental health problems in women today. Examining the physiological, social and psychological factors of mental illness, and providing an up-to-date perspective on the etiology of different disorders, the book will help mental health professionals formulate the best management plan for the individual. Covering issues including perinatal psychiatric disorders, depression, eating disorders, schizophrenia, and alcohol and drug abuse - from a female perspective - *Women and Mental Health* will prove a valuable tool for all those working in the fields of mental health.

aetna insurance coverage for therapy: Intersections of Multiple Identities Miguel E. Gallardo, Brian W. McNeill, 2011-02-11 Over the past two decades, there has been an increase in the need to prepare and train mental health personnel in working with diverse populations. In order to fully understand individuals from different cultures and ethnic backgrounds, practitioners need to begin to examine, conceptualize, and treat individuals according to the multiple ways in which they identify themselves. The purpose of this casebook is to bridge the gap between the current practice of counseling with the newest theories and research on working with diverse clientele. Each chapter is written by leading experts in the field of multicultural counseling and includes a case presentation with a detailed analysis of each session, a discussion of their theoretical orientation and how they have modified it to provide more culturally appropriate treatment, and an explanation of how their own dimensions of diversity and worldviews enhance or potentially impede treatment. This text is a

significant contribution to the evolving area of multicultural counseling and will be a valuable resource to mental health practitioners working with diverse populations.

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aetna insurance coverage for therapy: Integrated Electrophysical Agents[Formerly Entitled Electrotherapy: Evidence-Based Practice] Tim Watson, Ethne Nussbaum, 2020-03-28 Electrophysical Modalities (formerly Electrotherapy: Evidence-Based Practice) is back in its 13th edition, continuing to uphold the standard of clinical research and evidence base for which it has become renowned. This popular textbook comprehensively covers the use of electrotherapy in clinical practice and includes the theory which underpins that practice. Over recent years the range of therapeutic agents involved and the scope for their use have greatly increased and the new edition includes and evaluates the latest evidence and most recent developments in this fast-growing field. Tim Watson is joined by co-editor Ethne Nussbaum and both bring years of clinical, research and teaching experience to the new edition, with a host of new contributors, all leaders in their specialty.

aetna insurance coverage for therapy: Major Labels Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year “One of the best books of its kind in decades.” —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In Major Labels, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, Major Labels pays in full.

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aetna insurance coverage for therapy: When Your Teen Has an Eating Disorder Lauren Muhlheim, 2018-09-01 If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. When Your Teen Has an Eating Disorder will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and

recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

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aetna insurance coverage for therapy: Social Justice in Clinical Practice Dawn Belkin Martinez, Ann Fleck-Henderson, 2014-03-14 Social work theory and ethics places social justice at its core and recognises that many clients from oppressed and marginalized communities frequently suffer greater forms and degrees of physical and mental illness. However, social justice work has all too often been conceptualized as a macro intervention, separate and distinct from clinical practice. This practical text is designed to help social workers intervene around the impact of socio-political factors with their clients and integrate social justice into their clinical work. Based on past radical traditions, it introduces and applies a liberation health framework which merges clinical and macro work into a singular, unified way of working with individuals, families, and communities. Opening with a chapter on the theory and historical roots of liberation social work practice, each subsequent chapter goes on to look at a particular population group or individual case study, including: LGBT communities Mental health illness Violence Addiction Working with ethnic minorities Health Written by a team of experienced lecturers and practitioners, *Social Justice in Clinical Practice* provides a clear, focussed, practice-oriented model of clinical social work for both social work practitioners and students.

aetna insurance coverage for therapy: *Males With Eating Disorders* Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

aetna insurance coverage for therapy: *Convergent Strabismus* L.E. Evens, 2012-12-06 When the Board of Directors of the Belgian Ophthalmological Society, in its session of November 26th 1978, asked me to prepare a report on strabismus to be presented at the joint meeting of the Dutch and Belgian Ophthalmological Societies to be held on June 13th 1981, I felt greatly honored but still more overwhelmed by the immensity of the task. I took advantage of the complete liberty given to me by the Board of Directors, first to limit the work to one particular form of strabismus, i.e. the convergent comitant form; second, to seek the help of what I thought to be the best strabologists in the Low Countries; third, to aim not at an encyclopedic treatise but at a practical volume destined to the general ophthalmologist. This volume is thus limited to the various aspects of convergent strabismus, more accurately of comitant convergent strabismus. The omission of the word comitant is purposely made to avoid the difficulties accompanying the explanation of this term and all the acrobatics needed to explain that most comitant strabismus are not completely comitant. The choice of this particular form of strabismus seems logical. First of all, it is the most common form of strabismus. On the other hand, most principles concerning examination and treatment can with

some modifications be applied to other forms of strabismus.

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aetna insurance coverage for therapy: Rehab Science: How to Overcome Pain and Heal from Injury Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, Rehab Science, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. Rehab Science outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In Rehab Science, you'll learn: • How to identify and treat common pains and injuries • Which exercises can prevent pain from returning • How long you should be doing rehab exercises • Major signs and symptoms that may require medical attention • How a diagnosis can factor into recovery • What common X-ray and MRI findings mean • How to program exercises to rehab specific injuries • When you might need to consider surgery • And much, much more

aetna insurance coverage for therapy: Internal Family Systems Therapy Richard C. Schwartz, 2013-09-18 This book has been replaced by Internal Family Systems Therapy, Second Edition, ISBN 978-1-4625-4146-1.

aetna insurance coverage for therapy: Fixing My Gaze Susan R. Barry, 2009-05-26 A revelatory account of the brain's capacity for change When neuroscientist Susan Barry was fifty years old, she experienced the sense of immersion in a three dimensional world for the first time. Skyscrapers on street corners appeared to loom out toward her like the bows of giant ships. Tree branches projected upward and outward, enclosing and commanding palpable volumes of space. Leaves created intricate mosaics in 3D. Barry had been cross-eyed and stereoblind since early infancy. After half a century of perceiving her surroundings as flat and compressed, on that day she saw the city of Manhattan in stereo depth for first time in her life. As a neuroscientist, she understood just how extraordinary this transformation was, not only for herself but for the scientific understanding of the human brain. Scientists have long believed that the brain is malleable only during a critical period in early childhood. According to this theory, Barry's brain had organized itself when she was a baby to avoid double vision - and there was no way to rewire it as an adult. But Barry found an optometrist who prescribed a little-known program of vision therapy; after intensive training, Barry was ultimately able to accomplish what other scientists and even she herself had once considered impossible. Dubbed Stereo Sue by renowned neurologist Oliver Sacks, Susan Barry tells her own remarkable journey and celebrates the joyous pleasure of our senses.

aetna insurance coverage for therapy: Children Who Remember Previous Lives Ian Stevenson, M.D., 2016-05-20 The concept of reincarnation has been around for thousands of years, and is a part of many religions, including Hinduism, Buddhism, Jainism, and Sikhism. In addition to these religious beliefs, many people believe it offers an explanation for the mysteries of life. There are children that claim to remember previous lives as adults or even animals. These claimed memories might affect the development of the child and be incorporated into the child's personality. This book presents an in-depth look at Dr. Stevenson's forty years studying children who claim to remember previous lives. It is an informative, professional read that dispels common misconceptions about reincarnation and offers an open-minded perspective. It provides an overview of the history of the belief in and evidence for reincarnation, with new material relating to birthmarks and birth

defects, independent replication studies, and recent developments in genetic study. It also covers research on children, the methods used, the cases studied, and the analyses of the data. The idea of reincarnation is explored as an explanation for some unsolved problems in psychology and medicine.

- **INTRODUCTION TO REINCARNATION**--Provides an introduction to the study of reincarnation, including a discussion of the belief in reincarnation.
- **VARIATIONS IN DIFFERENT CULTURES**--Looks at how reincarnation is viewed in different cultures around the world and how it has changed over time.
- **EXPLANATORY VALUE OF THE IDEA OF REINCARNATION**--The idea of reincarnation has been around for thousands of years, and many people believe it offers an explanation for the mysteries of life.
- **TYPES OF EVIDENCE FOR REINCARNATION**--There are many types of evidence for reincarnation, including anecdotal evidence, case studies, and research studies.
- **TYPICAL CASES OF CHILDREN**--Looks at typical cases of children who remember previous lives, with a focus on their characteristics.
- **METHODS OF RESEARCH**--Discusses the methods of research and the various ways in which previous-life memories can be investigated.
- **ANALYSIS AND INTERPRETATION OF CASES**--Analyzes a number of cases from the author's 40-year career.

aetna insurance coverage for therapy: Mission-Driven Leadership Mark Bertolini, 2019-03-19 In *Mission-Driven Leadership*, Mark Bertolini, the long-time chairman and CEO of Aetna, the Fortune 500 health insurance company, reveals that genuine leadership is not about dollars and market share but about improving lives and communities. Mark Bertolini didn't get to the corner office through traditional means. He grew up in a blue-collar neighborhood in Detroit. Early in his career, he was known for his bare-knuckled leadership and hard driving competitiveness that helped him to turnaround several companies. But his ambition came at a cost as he ran roughshod over his colleagues and employees, and spent time away from his family. Two events served as wakeup calls for the hard-charging Bertolini. First his son Eric was diagnosed with incurable cancer, and Bertolini found himself confronting the healthcare industry firsthand, not as an executive, but as the parent of a deathly ill child, determined to save his son's life. And miraculously, after a year in the hospital, often at death's door--Eric was twice given last rites--his son recovered. The second wakeup call was a skiing accident several years later in which Bertolini broke his neck. As his life unraveled in the face of years of chronic pain, therapy, and medication, he realized he had to reinvent himself, emotionally, spiritually, and as a leader--or go under. *Mission-Driven Leadership* speaks to the lessons Bertolini learned about empathy, about helping employees and Aetna's customers take better care of themselves and each other, about the need to find the divine in me, and the importance of getting out to meet with employees and customers face-to-face in town halls to truly discover their needs and better serve them.

aetna insurance coverage for therapy: Important Information about Medicaid , 1989

aetna insurance coverage for therapy: Section 1557 of the Affordable Care Act American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

aetna insurance coverage for therapy: Drug-Induced Sleep Endoscopy Nico de Vries, Ottavio Piccin, Olivier M. Vanderveken, 2020-11-11 The definitive resource on the innovative use of DISE for obstructive sleep apnea Obstructive sleep apnea is the most prevalent sleep-related breathing disorder, impacting an estimated 1.36 billion people worldwide. In the past, OSA was almost exclusively treated with Continuous Positive Airway Pressure (CPAP), however, dynamic assessment of upper airway obstruction with Drug-Induced Sleep Endoscopy (DISE) has been instrumental in developing efficacious alternatives. *Drug-Induced Sleep Endoscopy: Diagnostic and Therapeutic Applications* by Nico de Vries, Ottavio Piccin, Olivier Vanderveken, and Claudio Vicini is the first textbook on DISE written by world-renowned sleep medicine pioneers. Twenty-four chapters feature contributions from an impressive group of multidisciplinary international experts. Foundational chapters encompass indications, contraindications, informed consent, organization and logistics,

patient preparation, and drugs used in DISE. Subsequent chapters focus on treatment outcomes, the role of DISE in therapeutic decision making and upper airway stimulation, pediatric sleep endoscopy, craniofacial syndromes, advanced techniques, and more. Key Highlights Comprehensive video library highlights common and rare DISE findings A full spectrum of sleep disordered breathing and OSA topics, from historic to future perspectives Insightful clinical pearls on preventing errors and managing complications including concentric and epiglottis collapse Discussion of controversial DISE applications including oral appliances and positional and combination therapies This unique book is essential reading for otolaryngology residents, fellows, and surgeons. Clinicians in other specialties involved in sleep medicine will also benefit from this reference, including pulmonologists, neurologists, neurophysiologists, maxillofacial surgeons, and anesthesiologists.

aetna insurance coverage for therapy: Clinical Manual of Addiction

Psychopharmacology, Second Edition Henry R. Kranzler, M.D., Domenic A. Ciraulo, M.D., Leah R. Zindel, R.Ph., M.A.L.S., 2013-11-06 This new edition of Clinical Manual of Addiction

Psychopharmacology offers information on the pharmacology of the major classes of drugs related to addiction and the latest pharmacological treatment of dependence on these drugs. The manual reflects recent research and evidence-based perspectives on the pharmacological actions of drugs of abuse.

aetna insurance coverage for therapy: How to Thrive in Counseling Private Practice Anthony Centore, Anthony Centore Ph D, 2016-07-25 Are you looking to start, build or grow a counseling private practice? Are you wanting to get off the ground, open your doors, or build a caseload of clients? Are you confused about networking, marketing, licensing, networking, billing or other practice management issues that you never even heard of when you were in grad school? Are you thinking about converting a successful solo practice into a larger group or agency? In this work, Dr. Anthony Centore (Licensed Counselor, Private Practice Consultant for the American Counseling Association, and CEO of Thriveworks) shares road-tested practice building strategies from his direct, extensive, experience growing a successful chain of mental health counseling practices. A must have resource for anyone getting started, or working to grow, a coaching or counseling practice.

aetna insurance coverage for therapy: Handbook of Pediatric Constraint-induced Movement Therapy (CIMT) Sharon L. Ramey, Patty Coker-Bolt, Stephanie DeLuca, 2013

aetna insurance coverage for therapy: An American Sickness Elisabeth Rosenthal, 2017-04-11 A New York Times bestseller/Washington Post Notable Book of 2017/NPR Best Books of 2017/Wall Street Journal Best Books of 2017 This book will serve as the definitive guide to the past and future of health care in America."—Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and *The Gene* At a moment of drastic political upheaval, *An American Sickness* is a shocking investigation into our dysfunctional healthcare system - and offers practical solutions to its myriad problems. In these troubled times, perhaps no institution has unraveled more quickly and more completely than American medicine. In only a few decades, the medical system has been overrun by organizations seeking to exploit for profit the trust that vulnerable and sick Americans place in their healthcare. Our politicians have proven themselves either unwilling or incapable of reining in the increasingly outrageous costs faced by patients, and market-based solutions only seem to funnel larger and larger sums of our money into the hands of corporations. Impossibly high insurance premiums and inexplicably large bills have become facts of life; fatalism has set in. Very quickly Americans have been made to accept paying more for less. How did things get so bad so fast? Breaking down this monolithic business into the individual industries—the hospitals, doctors, insurance companies, and drug manufacturers—that together constitute our healthcare system, Rosenthal exposes the recent evolution of American medicine as never before. How did healthcare, the caring endeavor, become healthcare, the highly profitable industry? Hospital systems, which are managed by business executives, behave like predatory lenders, hounding patients and seizing their homes. Research charities are in bed with big pharmaceutical companies, which surreptitiously profit from the donations made by working people. Patients receive

bills in code, from entrepreneurial doctors they never even saw. The system is in tatters, but we can fight back. Dr. Elisabeth Rosenthal doesn't just explain the symptoms, she diagnoses and treats the disease itself. In clear and practical terms, she spells out exactly how to decode medical doublespeak, avoid the pitfalls of the pharmaceuticals racket, and get the care you and your family deserve. She takes you inside the doctor-patient relationship and to hospital C-suites, explaining step-by-step the workings of a system badly lacking transparency. This is about what we can do, as individual patients, both to navigate the maze that is American healthcare and also to demand far-reaching reform. *An American Sickness* is the frontline defense against a healthcare system that no longer has our well-being at heart.

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with great sensitivity and impact.—Dave Eggers, New York Times bestselling author of *The Circle*

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