

Coding Guideline for Maternal Depression Screening

CPT© Code: 96161

Administration of a caregiver-focused health risk assessment instrument (e.g., health hazard appraisal) with scoring and documentation, per standardized instrument

Indications

Maternal depression affects up to 18% of mothers during the first year after delivery. Untreated maternal depression can have major, long-term adverse effects for the mother and her child, including placing the child at risk for delays in social - emotional development. Early detection, referral and treatment of maternal depression can greatly reduce adverse consequences. A pediatric provider may be the only provider that a mother sees within the first year after delivery. As a result, pediatric providers can identify and refer mothers for depression through routine screening at the child's Health Tracks (EPSDT) screening, Well Child Check or other pediatric office visit.

Effective July 1, 2011, North Dakota Medicaid reimburses maternal depression screening as a separate service when performed **in conjunction with** a Health Tracks screening, Well Child Check or any other pediatric visit, as a risk assessment for the child. Providers are encouraged to screen mothers who have a North Dakota Medicaid eligible child under the age of one for maternal depression.

Criteria for Coverage

- Screen any time within the child's first year
- American Academy of Pediatrics – Bright Futures guidelines recommend screening at the 1-month visit, 2-month visit, 4-month visit, and 6-month visit. For more information refer to [Bright Futures Toolkit: Links to Commonly Used Screening Instruments and Tools](#)
- Use one of the following standardized screening tools:
 - [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
 - [Patient Health Questionnaire - 9 \(PHQ-9\) Screener](#)

MEDICAL SERVICES

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Coding Requirements

- CPT Code
 - 96161 Administration of a caregiver-focused health risk assessment instrument (e.g., health hazard appraisal) with scoring and documentation, per standardized instrument
- ICD10-CM Covered Diagnosis
 - Z00.110 Health Examination for a newborn under 8 days old
 - Z00.111 Health Examination for a newborn 8 to 28 days old
 - Z00.121 Encounter for routine child health exam with abnormal findings
 - Z00.129 Encounter for routine child health exam w/out abnormal findings

Billing Requirements

When a Maternal Depression Screening occurs during a Health Tracks screening, Well Child Check or other pediatric office visit for a child eligible for North Dakota Medicaid under one year of age, the following guidelines apply:

- Bill only when one of the standardized screening instruments is used
- Bill using the child's North Dakota Medicaid recipient ID number

Limits

North Dakota Medicaid allows up to four (4) Maternal Depression Screenings for a child up to age one.

Created: July 2017

Updated: September 2019 (format only); April 2020 (screening tools); October 2022