

Interim Federal Health Program Important Information for Mental Health Services Providers

February 2017

This bulletin is to clarify coverage for mental health services under the Interim Federal Health Program (IFHP).

Coverage

[IFHP Basic Coverage](#) includes:

- Mental health services provided by physicians (psychiatrists, general or family practitioners) or,
- Mental health services provided by hospitals or other facilities

These services do not require prior approval from the IFHP.

IFHP also covers mental health services provided by allied health professionals (such as clinical psychologists, psychotherapists, or counselling therapists) under the [IFHP Supplemental Coverage](#).

Prior Approval Process

Prior approval requests must include:

1. Letter from the physician indicating the diagnosis and prescription for assessment/psychotherapy/counselling therapy, and/or
2. The assessment report

Please see note 2 of the [IFHP Supplemental Coverage Benefit Grid](#) for more detailed information.

Frequency Limits for Services

IFHP will initially approve up to 10 one-hour sessions (after prior approval), not including the assessment. A discharge summary report must be submitted to the referring physician and IFHP when treatment is complete. If further treatment is required, providers can submit a request to IFHP (for up to a maximum of 10 additional sessions) with a physician's recommendation.

In addition, the IFHP covers interpretation services required during mental health assessment, treatment or counselling.

IFHP does not cover the following services:

- Group psychotherapy sessions
- Psychoanalysis
- Psycho-educational assessments
- Life skills training
- Expressive arts therapy
- Hypnotherapy
- Sex therapy

Full details can be found in the Supplemental Coverage benefit grid available at <https://provider.medavie.bluecross.ca>.

Should you have any questions or require more information, please call our Customer Information Centre at 1-888-614-1880 or email CIC_Inquiry@medavie.bluecross.ca.