

## Tip Sheet: Physical, Occupational or Speech Therapy

The Health Plan requires the following documentation in order to conduct a review for medical necessity of the following therapies.

### Required Documentation for Physical or Occupational Therapy Reviews:

- Objective Measures
- ROM: Active and Passive
- Strength in Grades (0-5)
- Pain Levels (0-10 Scale)
- Edema Measures
- Ambulation Status
- Neurologic Status
- Ability to Perform Activities of Daily Living

### Required Documentation for Speech Therapy

- Documentation Severity Levels
- Percentage of Accuracy in Comparable Measures of Receptive and Expressive Speech Skills

### Required Documentation for Swallowing Therapy

- Objective Measures
- Documented Severity Levels
- Improvement in Percentage of Accuracy in Swallowing Skills

### Please note:

- All requests for additional visits **MUST** be accompanied by an initial evaluation.
- Requests for additional visits beyond the initial authorization are effective the date all of the clinical information is received. If a request is pended for clinical information, the effective date is pended until the information is received. We will not backdate requests for additional visits.
- Aqua therapy requests **MUST** be preauthorized, meet the criteria of inability to bear weight and provide documentation of failure of an adequate trial of previous land-based physical therapy for the condition.
- Healthy NY contract criteria for physical therapy require documentation of a recent hospitalization or recent surgery for the condition. Healthy NY contracts with effective dates after March 1, 2007 are subject to pre-existing clauses.
- Speech and swallowing evaluations only do **NOT** require preauthorization. Speech and swallowing **treatment**, however, do require preauthorization.