



ADMINISTRATIVE POLICY STATEMENT

TrueCare

Policy Name & Number	Date Effective
Medical Necessity Determinations-TrueCare-AD-1313	01/01/2026
Policy Type	
ADMINISTRATIVE	

Administrative Policy Statements are derived from literature based on and supported by clinical guidelines, nationally recognized utilization and technology assessment guidelines, other medical management industry standards, and published MCO clinical policy guidelines. Medically necessary services include, but are not limited to, those health care services or supplies that are proper and necessary for the diagnosis or treatment of disease, illness, or injury and without which the patient can be expected to suffer prolonged, increased, or new morbidity, impairment of function, dysfunction of a body organ or part, or significant pain and discomfort. These services meet the standards of good medical practice in the local area, are the lowest cost alternative, and are not provided mainly for the convenience of the member or provider. Medically necessary services also include those services defined in any Evidence of Coverage or Certificate of Coverage documents, Medical Policy Statements, Provider Manuals, Member Handbooks, and/or other plan policies and procedures.

Administrative Policy Statements do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage or Certificate of Coverage) for the service(s) referenced in the Administrative Policy Statement. Except as otherwise required by law, if there is a conflict between the Administrative Policy Statement and the plan contract, then the plan contract will be the controlling document used to make the determination.

According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

Table of Contents

A. Subject	2
B. Background	2
C. Definitions	2
D. Policy	3
E. Conditions of Coverage	3
F. Related Policies/Rules	4
G. Review/Revision History	4
H. References	4

A. Subject

Medical Necessity Determinations

B. Background

The term *medical necessity* has been used by health plans and providers to define benefit coverage. Medical necessity definitions vary among entities, including the Centers for Medicaid and Medicare Services (CMS), the American Medical Association (AMA), state regulatory bodies, and most healthcare insurance providers, but definitions most often incorporate the idea that healthcare services must be “reasonable and necessary” or “appropriate,” given a patient’s condition and the current standards of clinical practice.

Payors and insurance plans may limit coverage for services that are reasonable and necessary even if the service is provided more frequently than allowed under a national coverage policy, a local medical policy, or a clinically accepted standard of practice.

International Classification of Diseases (ICD) guidelines instruct the clinician to choose a diagnosis code that accurately describes a clinical condition or reason for a visit and support medical necessity for services reported. To better support medical necessity for services reported, providers should apply universally accepted healthcare principles that are documented in the patient’s medical record, including diagnoses, coding with the highest level of specificity, specific descriptions of the patient’s condition, illness, or disease and identification of emergent, acute and chronic conditions.

TrueCare will determine medical necessity for a requested service, procedure, or product based on the hierarchy within this policy.

C. Definitions

- **Medically Necessary/Medical Necessity** – As defined by the Social Security Act, Section 1905 (42 U.S.C. § 1396d(a)), the State Plan, the CHIP State Health Plan, and the Administrative Code, services, supplies, and equipment provided by an appropriately licensed practitioner and documented in the member’s record in a reasonable manner, including the relationship of the diagnosis to the treatment. The most appropriate services that help achieve age-appropriate growth and development and will allow a member to attain, maintain, or regain capacity. Medically necessary services are made in accordance with standards of good medical practice consistent with the member’s condition and not primarily for the comfort or conveniences of the member, family, or provider. The most appropriate services, supplies, equipment, or levels of care that can be safely and efficiently provided to the member and are furnished in a setting appropriate to the members’ need and condition. When applied to the care of an inpatient, medically necessary services further mean that the member’s medical symptoms or conditions require that the services cannot be safely provided to the member as an outpatient. Medically necessary services may also be services for members that are necessary to correct or ameliorate disorders and physical and behavioral/mental illnesses and conditions, whether such services are covered or exceed the benefit limits in the Medicaid State Plan and Title 23 of Mississippi Administrative Code. Medically

The ADMINISTRATIVE Policy Statement detailed above has received due consideration as defined in the ADMINISTRATIVE Policy Statement Policy and is approved.

necessary services are not experimental or investigational or for research or education.

- **Mental Health Parity and Addictions Equity Act (MHPAEA)** – A 2008 federal law that generally prevents group health plans and health insurance issuers that provide mental health and substance use disorder (MH/SUD) benefits from imposing less favorable benefit limitations than on medical/surgical coverage.
- **Treatment** – A medical service, diagnosis, procedure, therapy, drug, or device.

D. Policy

- I. According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy. The reviewer will determine medical necessity based on the following hierarchy:
 - A. Benefit contract language.
 - B. Federal regulation or state regulation, including state waiver regulations when applicable.
 - C. Nationally accepted evidence-based clinical guideline, such as MCG Health or American Society for Addiction Medicine.
 - D. TrueCare medical policy statements.
- E. Professional judgment of the medical or behavioral health reviewer based on the following potential resources, which may include but are not limited to the following:
 1. Clinical practice guidelines published by consortiums of medical organizations and generally accepted as industry standard.
 2. Evidence from 2 published studies from major scientific or medical peer-reviewed journals that are less than 5 years old (preferred) and less than 10 years (required) to support the proposed use for the specific medical condition as safe and effective.
 3. National panels and consortiums such as National Institutes of Health, Centers for Disease Control and Prevention, Agency for Healthcare Research and Quality, National Comprehensive Cancer Network, or Substance Abuse and Mental Health Services Administration. Studies must be approved by a United States institutional review board accredited by the Association for the Accreditation of Human Research Protection Programs, Inc. to protect vulnerable minors.
 4. Commercial review organizations, such as Up-to-Date and Hayes, Inc.
 5. Consultation from a like-specialty peer.
 6. National specialty/sub-specialty societies such as the American Psychiatric Association and the American Board of Internal Medicine.

E. Conditions of Coverage

The following does not guarantee coverage or claims payment for a procedure or treatment under a plan (not an all-inclusive list):

- A. A physician has performed or prescribed a procedure or treatment.
- B. The procedure or treatment may be the only available treatment for an injury, illness, or behavioral health disorder.

The ADMINISTRATIVE Policy Statement detailed above has received due consideration as defined in the ADMINISTRATIVE Policy Statement Policy and is approved.

C. The physician has determined that a particular health care service is medically necessary or medically appropriate.

F. Related Policies/Rules

Experimental or Investigational Item or Service

G. Review/Revision History

	DATE	ACTION
Date Issued	02/26/2025	Approved at Committee.
Date Revised	10/08/2026	Annual review, approved at Committee.
Date Effective	01/01/2026	
Date Archived		

H. References

1. Medically Necessary, 23-200 MISS. CODE R. § 5.1 (2025).

Approved by DOM 04/17/2025