

Subject: Self-Referrals

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Objective:

- I. To ensure that Tuality Health Alliance (THA) members are allowed direct access to specific healthcare services as mandated by Oregon statutes and directed by contracted health plans.

Policy:

- I. THA does not require a practitioner referral for “self-referral services”, as defined by contracted health plans. Self-referral services may include, but are not limited to the following:
 - Biennial eye exams;
 - Annual diabetic retinal exams;
 - Mental health care;
 - Chemical dependency care;
 - Annual gynecological exams and some gynecological care; and
 - Obstetrical care.
- II. **ORS 743.845** provides for coverage of women’s healthcare services and allows direct access to a women’s healthcare provider, without practitioner referral, for all female members.
 - a. Associated covered services include the following:
 - Annual preventive women’s health examinations;
 - Medically necessary women’s health exam follow-up visits; and
 - Pregnancy care.
 - b. Women’s healthcare providers include:
 - Obstetricians;
 - Gynecologists;
 - Advance registered nurse practitioner specialists in women’s health;
 - Physician assistants specializing in women’s health; and
 - Certified nurse mid-wives.
- III. **ORS 743A.100** mandates coverage for annual mammograms for asymptomatic women aged 40 years and over, with or without referral from a primary care practitioner or other provider.
 - a. Mammograms for the purpose of diagnosis in symptomatic or high-risk women will be covered at any time upon authorized referral from the woman’s healthcare provider.
- IV. **ORS 743A.104** mandates coverage for annual pelvic examinations and Pap smear examinations for women aged 18 to 64 years, and at any time upon referral from the woman’s healthcare provider.

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- V. When ordered by the women’s healthcare provider, the following services do not require primary care practitioner referral:
- Mammograms, x-rays, and ultrasounds;
 - Complete blood counts, blood glucose tests, pregnancy tests, and Rh factor tests;
 - Antibody tests (e.g., tests for HIV or measles);
 - Urinalysis, urine chemistry tests, and urine cultures;
 - Pathology for biopsies; and
 - Follow-up care for conditions/diseases that are discovered during the course of a woman’s healthcare visit, as long as the care is within the associated practitioner’s scope of practice.
- VI. For self-referrals, members must use an assigned facility or participating provider as determined by THA.
- VII. By statute, THA/Oregon Health Plan members are allowed to freely choose their family planning services provider. Family planning services are billed directly to the Division of Medical Assistance Programs (DMAP).

References: Health Share RAE Participation Agreement
Oregon Health Authority Health Plan Services Contract
ORS 743.845
ORS 743A.100
ORS743A.104

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