

Insurance Resource Center for Autism and Behavioral Health Lunch and Learn Series

Finding a Provider

Terri Farrell, Senior Project Director
Insurance Resource Center for Autism and Behavioral Health
Instructor, Department of Psychiatry



April 9, 2026

A Resource for Consumers, Providers, Employers, and Educators on Issues Related to Medical Insurance for Autism and Behavioral Health Treatments

- Information and technical assistance by phone/e-mail
- Assistance with issues related to accessing coverage for treatment, including MassHealth questions and issues.
- Access to documents including Legislation, FAQ's, Agency Bulletins, etc.
- Webinars and Trainings on Insurance Laws and Related Topics

Finding a Provider for Autism and Behavioral Health

- Obtain a copy of your 2026 health plan summary of benefits – do you have access to behavioral health (BHCA) and/or autism benefits?
- Call Your Insurer – request a list of in-network providers
- Use the MABHA website to find providers – let's try finding ABA providers using www.mabhaccess.com*



What if my Provider is out of network?

- Is this the only provider with availability?
- What is a SCA (Single Case Agreement)
- Financial considerations (out-of-pocket co-pays and co-insurance)
- MassHealth considerations
- Can I obtain reimbursement from MassHealth for out-of-pocket costs?

Finding a Provider for Autism and Behavioral Health

- Insurance Resource Center Fact Sheets – available at www.massairc.org
 1. **Finding a Behavioral Health Services Provider through Private Insurance**
 2. **Finding an Applied Behavior Analysis (ABA) Provider**
- **Links to the fact sheets will be posted in the chat**

The Insurance Resource Center for Autism and Behavioral Health UMass Chan Medical School - Shriver Center

www.massairc.org

774-455-4056

Acknowledgments

Massachusetts Executive Office of Health and Human Services (EOHHS), Massachusetts Department of Developmental Services (DDS), Massachusetts Department of Mental Health (DMH), Massachusetts Department of Elementary and Special Education (DESE), Massachusetts Department of Public Health (DPH), The Nancy Lurie Marks Family Foundation, The Doug Flutie Jr. Foundation for Autism, Bailey's Team for Autism, The Blue Cross Blue Shield Foundation of Massachusetts, Boston Children's Hospital, and UMass Chan Medical School.



Questions?