

Help healthcare clinicians deliver timely patient care

Support common sense prior authorization reform



AMERICAN
PSYCHIATRIC
ASSOCIATION



Washington
Psychiatric Society

Prior authorization impacts access to mental health care

Nearly 1 in 5 Americans report having a mental illness, and it's gotten worse during the COVID-19 pandemic. For psychiatric patients, gaps in treatment due to prior authorization can lead to relapse, with increased health care costs and devastating effects for individuals and their families.



We must contain prior authorization to ensure patients have access to timely medications.

What is prior authorization?

Prior authorization is a utilization management tool that requires doctors to obtain approval from an insurance plan or pharmacy benefit manager (PBM) before it will cover the costs of a specific medicine, medical device, or procedure.

90% of physicians report that prior authorization has a significantly negative impact on patient outcomes.



Prior authorization is harmful to patients because:



it results in patients experiencing arbitrary limits on medications.



delays to lifesaving treatment can cause patient symptoms to quickly worsen.



it limits time with their physician due to extensive paperwork and long telephone wait times.

Support legislation that:

- eliminates prior authorization for:
 - » generic medications that are not controlled substances.
 - » dosage changes of the same medication.
 - » generic and brand drugs after six months of adherence.
- requires that insurers and PBMs adhere to a 48-hour appeal process.
- prohibits plans from denying medication on the grounds of therapeutic duplication.
- requires denials and denial reviews be conducted by physicians in the same or similar specialty as the clinician whose treatment is under review.

