



# Follow-Up After Hospitalization for Mental Illness (FUH)

## HEDIS® Measurement Year 2020 & 2021 Measures

**Measure Description:** This measure captures the percentage of discharges for members 6 years of age and older who were hospitalized for treatment of selected mental illness diagnoses and who had a follow-up visit with a mental health provider. Two rates are reported:

1. The percentage of discharges for which the member received follow-up within 30 days after discharge.
2. The percentage of discharges for which the member received follow-up within 7 days after discharge.

### Eligible Population

Members 6 years of age and older with medical and mental health benefits.

### Strategies for Improving Conditions and Increasing Rate of Follow Up Care

- Outpatient treatment received prior to inpatient care can be a predictor of follow up care and how patients recover post discharge – encourage medication and treatment regimen adherence.
- Provide culturally competent care – be aware that a patient’s culture and belief system can influence if they will seek help, what type of help they want, what coping styles and supports they have and what treatments might prove to be successful.
- Provide credible resources to patients in order to address any fears and stigma related to mental illness.
- Improvement in care coordination during the patient’s transition out of the hospital.
- Prepare patient for discharge.
  - Appropriate discharge planning and scheduled follow up with their PCP prior to discharge.
  - Refer patient to behavioral health supports such as a community health worker.

- Refer members with behavioral health diagnoses to Aetna Better Health’s Special Needs Unit for additional support.
  - Call the Special Needs Unit at 1-855-346-9828.

### Numerator Codes

There is a large list of approved NCQA codes used to identify the diagnosis and services included in the FUH measure.

**The following are just a few of the approved codes. For a complete list please refer to the NCQA website at [NCQA.org](https://www.ncqa.org).**

CPT	99217-99220	Observation
CPT	98960-98962; 99201-99205	Behavioral Health Outpatient Visit

## Quality Measure Toolkit

[AetnaBetterHealth.com/Pennsylvania](https://www.aetna.com/betterhealth/pennsylvania)

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