

## **Online Behavioral Health Treatment (BHT)**

Members can now get their Behavioral Health Treatment (BHT)/Applied Behavioral Analysis (ABA) care by using video chat. Caregivers and children can have the same sessions they used to have in person with a camera and phone

A doctor can also use video chat for a visit to decide if BHT is needed for your child.

Caregivers need a video chat tool such as FaceTime, Skype or Zoom because the doctor will need to be able to see you as well as hear you.

## **What is BHT?**

BHT includes Applied Behavior Analysis (ABA) and other services that have been reviewed and have been shown to work. ABA is a therapy that can help children with autism and some other behavior issues.

ABA can help children with communicating, social skills, recall, and attention. ABA doctors work with families to help their children. A doctor must write a referral for BHT or ABA care.

## **You may qualify for BHT if:**

- You are under 21 years of age; and
- Have a diagnosis of Autism Spectrum Disorder or other behavioral condition; and
- Have behaviors that make home or social life difficult (like anger, violence, self-harm, running away, problems playing or communicating).

Talk to your child's doctor about ABA therapy for autism and other behavioral issues. You may also call Beacon Health Options at **1(855) 371-8117** to learn more.