

Follow-Up After Hospitalization for Mental Illness (FUH)

Measure description

The percentage of discharges for members six years of age and older who were hospitalized for treatment of selected mental illness or intentional self-harm diagnoses and who had a follow-up visit with a mental health provider. Two rates reported:

- Follow-up within seven days after discharge.
- Follow-up within 30 days after discharge.

Criteria for meeting the measure

When the member attends a follow-up appointment with a **behavioral health provider** within seven days or 30 days after discharge from the hospital. The follow-up appointment **must** be with one of the following behavioral health providers:

- Psychiatrist.
- Psychologist.
- Nurse Practitioner.
- Clinical Nurse Specialist.
- Social Worker (MSW or LCSW).
- Licensed Marriage and Family Therapist.
- Licensed Professional Counselor.
- Physician Assistant (certified to practice psychology).

Note: to meet this metric, the appointment cannot occur on the same day of discharge.

Appointment types that count as a follow-up visit

- Outpatient behavioral health visit.
- Telehealth appointment.
- Intensive outpatient therapy.
- Partial hospitalization visit.
- Electroconvulsive Therapy (ECT).
- Certified Community Behavioral Health Clinic visit.
- Certified Community Health Center visit.

Best practices and tips for providers to improve member outcomes

- Engage members in discharge planning, and schedule follow-up appointments prior to member being discharged.
- Educate members on the importance of treatment adherence and follow-up care.
- Offer telehealth appointments for follow-up visits.
- Outreach to members who do not attend their follow-up appointment and assist them with rescheduling.
- Sign a release of information allowing your primary care physician to speak with your behavioral health provider.
- Communicate with primary care physicians and other providers involved with the member's treatment to ensure continuity and coordination of care to support a whole person approach.
- Ensure appropriate documentation, accurate coding and submit claims in a timely manner.

FUH is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the National Committee for Quality Assurance (NCQA) website for more details.

<https://www.ncqa.org/hedis/measures/follow-up-after-hospitalization-for-mental-illness/>

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association.