Pre-Authorization for Sleep Studies will no longer be required.

Reduction Mammaplasty will be removed as a separate benefit (if applicable in 2015) and will now be covered under the Outpatient Surgery benefit.

The following changes are based on the understanding by Optima Health of current Virginia and ACA regulations and requirements for plans effective or renewing on or after January 1, 2016.

The age limit for the $35,000 annual maximum Autism Spectrum Disorder “Applied Behavioral Analysis” benefit will increase to cover children from ages two through ten (up from ages two through six in 2015).