

**Subject:** Recreational Therapy

**Effective Date:** 1/16

**Review Date:** 8/22

## DESCRIPTION

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being. Further, "Recreational Therapy" means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.

## COVERAGE

The OSU Health Plan provides benefits for inpatient recreational therapy only.

## EXCLUSIONS

The OSU Health Plan does not cover outpatient recreational therapy. It is listed as a benefit exclusion in the OSU Faculty and Staff Health Plans Specific Plan Details Document (SPD).

## CODES

<i>HCPCS</i>	G0176	Activity therapy, such as music, dance, art or play therapies not for recreation, related to the care and treatment of patient's disabling mental health problems, per session (45 minutes or more)
<i>Revenue Code</i>	0941	Recreational therapy

## REFERENCES

American Therapeutic Recreation Association (ATRA)

"Faculty and Staff Health Plans Specific Plan Details Document." The Ohio State University Office of Human Resources, 31 Oct. 2021. Web. <https://hr.osu.edu/wp-content/uploads/medical-spd.pdf>