



Subject: Recreational Therapy

Revision Date: 11/25

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 covered persons with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery, and well-being. Further,

"Recreational Therapy" is a treatment service designed to restore, remediate, and rehabilitate a covered 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.

APPLICABILITY

This policy applies to all OSU Health Plan (OSUHP) benefit plans.

DEFINITIONS

Recreational Therapy is the use of recreation by qualified professionals to promote independent functioning and to enhance the health and well-being of people with illnesses and disabling conditions.

Disabling conditions are physical or mental impairments which prevent you from self-performance of personal care tasks without assistance.

POLICY

The OSU Health Plan provides benefits for inpatient recreational therapy only for covered persons with illnesses or disabling conditions.

PROCEDURES

The third-party administrator will process recreational therapy claims according to the policy guidelines above and the SPD.

PRIOR AUTHORIZATION

Benefit is limited to 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

Code Type	Code	Description
<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, Sept. 2023. Web. <https://hr.osu.edu/wp-content/uploads/medical-spd.pdf>

Martin Ginis KA, van der Ploeg HP, Foster C, Lai B, McBride CB, Ng K, Pratt M, Shirazipour CH, Smith B, Vásquez PM, Heath GW. Participation of people living with disabilities in physical activity: a global perspective. Lancet. 2021 Jul 31;398(10298):443-455. doi: 10.1016/S0140-6736(21)01164-8. Epub 2021 Jul 21. PMID: 34302764.