Services that Do Not Require a Referral

The following services do not require a referral when they are performed by a provider who participates with the patient’s health care plan. However, related hospital admissions may require precertification by the plan.

Note, effective January 1, 1999, there are some specialists who no longer require referrals. See HMO Member Referral Policies in the Managed Care Precertification and Referrals section of this manual.

1. Abortions
2. Allergy injections and preparation of serum (prior authorization required)
3. Ambulance services
4. Anesthesia services
5. Antenatal visits to a pediatrician or family practitioner
6. Assistant surgeon services (except for cataract procedures)
7. Brace fitting
8. Chemotherapy (referral required under BluePoint 2)
9. Chiropractic services (Non-Senior contracts and BluePoint 2 only)
10. Crutch/gait training
11. Dental conditions (Limited coverage provided only for injuries to sound and natural teeth; care must be rendered within one year of the date of injury. The dentist must submit X-rays of the teeth prior to the injury and a treatment plan for the plan’s approval before providing care.)
12. Dialysis
13. Durable medical equipment (DME) prior authorization may be needed in some instances
14. Electrocardiogram (EKG)
15. Electroencephalogram (EEG)
16. Electromyogram (EMG)
17. Electronystagmography (ENG)
18. External prosthetics
19. Eyewear
20. Flexible sigmoidoscopies
21. Hearing aids
22. In-hospital medical and mental health care
23. Inpatient diagnostic or surgical procedures
24. IV therapy in outpatient department
25. Laboratory tests
26. Mammograms
27. Nerve blocks
28. Ob/Gyn services for Blue Choice Senior and Blue Choice SeniorCare members
29. Ophthalmology and optometry services (including routine eye exams, consultations, office visits, diagnostic or surgical procedures; with the exception of ptosis surgery) NOTE: BluePoint 2 members require a referral for non-routine services.
30. Prescription drugs (However, prior authorization may be required for many prescriptions; contact the Pharmacy Help Desk for more information, (585) 454-5338 or 1 (800) 724-5033)
31. Primary care physician services (performed by patient’s PCP, Ob/Gyn PCP, or on-call physician)
32. Radiation therapy
33. Radiology services such as X-rays, ultrasound, CT scans, and MRIs (excluding bone density studies) (NOTE: Lifetime Health Medical Center patients require a referral for all radiology services)
34. Smoking cessation programs through Member Rewards
35. Sperm washing and sperm analysis
36. Sweat tests