

**2026 Measurement Year**  
**MCAS MEASURE: POSTPARTUM DEPRESSION SCREENING  
AND FOLLOW-UP (PDS-E)**

Measure Steward: National Committee for Quality Assurance (NCQA)

Gold Coast Health Plan's (GCHP) goal is to help its providers gain compliance with their annual Managed Care Accountability Set (MCAS) scores by providing guidance and resources. This tip sheet provides the key components to the MCAS measure, "Postpartum Depression Screening and Follow-Up (PDS-E)."

**Measure Description: The percentage of members with deliveries, between Sept. 8, 2025, and Sept. 7, 2026, who were screened for clinical depression during the postpartum period (7-84 days following delivery), and if screened positive, received follow-up care.**

- ▶ Depression Screening: The percentage of members with deliveries who were screened for clinical depression using an age-appropriate standardized instrument during the postpartum period (7-84 days following the date of delivery).
- ▶ Follow-Up on Positive Screen: The percentage of members with deliveries who received follow-up care within 30 days (31 days total), of a positive depression screening OR documentation of additional depression screening on a full-length instrument indicating either no depression or no symptoms that require follow-up (i.e., a negative screen) on the same day as a positive screen on a brief screening instrument.

**Data Collection Method:** Electronic Clinic Data Systems (ECDS)<sup>1</sup>

**Standardized Instruments**

- ▶ A standard assessment instrument that has been normalized and validated for the appropriate patient population. Eligible screening instruments with thresholds for positive findings include:

Standardized Instruments	Age ≤ 17	Age 18+	Positive Finding	LOINC Code
Patient Health Questionnaire Modified for Teens (PHQ- 9M) <sup>®</sup>	X		Total Score ≥ 10	89204-2
Patient Health Questionnaire (PHQ-9) <sup>®</sup>	X	X	Total Score ≥ 10	44261-6
Patient Health Questionnaire-2 (PHQ-2) <sup>®2</sup>	X	X	Total Score ≥3	55758-7
Beck Depression Inventory-Fast Screen (BDI-FS) <sup>®2,3</sup>	X	X	Total Score ≥8	89208-3
Center for Epidemiologic Studies Depression Scale – Revised (CESD-R)	X	X	Total Score ≥ 17	89205-9
Edinburgh Postnatal Depression Scale (EPDS)	X	X	Total Score ≥ 10	99046-5
PROMIS Depression	X	X	Total Score ≥ 60	71965-8
Beck Depression Inventory (BDI-II)		X	Total Score ≥ 20	89209-1
Duke Anxiety-Depression Scale (DUKE-AD) <sup>®2</sup>		X	Total Score ≥ 30	90853-3
My Mood Disorder (M-3) <sup>®</sup>		X	Total Score ≥ 5	71777-7
Clinically Useful Depression Outcome Scale (CUDOS)		X	Total Score ≥ 31	90221-3
PROMIS Emotional Distress-Depression-Short Form		X	Total Score ≥ 60	77861-3

**Methods used to identify a follow-up on a positive screening within 30-Days:**

- ▶ A clinic encounter (outpatient, telephone, e-visit, virtual check-in, depression case management, behavioral health encounter, exercise counseling).
- ▶ A dispensed antidepressant medication.
- ▶ Documentation of additional depression screening on a full-length instrument indicating either no depression or no symptoms that require follow-up (i.e., a negative screen) on the same day as a positive screen on a brief screening instrument.
- ▶ Encounter for exercise counseling.

**PDS-E Clinical Code Set**

- ▶ For billing, reimbursement, and reporting of services completed, submit claims in a timely with the appropriate medical codes for all conditions evaluated and services completed.

**Codes to identify follow-up on positive screening.**

Description	ICD-10-CM	CPT	HCPCS	UBREV
An outpatient, telephone, e-visit, or virtual check-in with a diagnosis of depression or behavioral health condition. <a href="#">Click here</a> for list of the diagnosis codes.		98000, 98001, 98002, 98003, 98004, 98005, 98006, 98007, 98008, 98009, 98010, 98011, 98012, 98013, 98014, 98015, 98016, 98960, 98961, 98962, 98966, 98967, 98968, 98970, 98971, 98972, 98980, 98981, 99078, 99202, 99203, 99204, 99205, 99211, 99212, 99213, 99214, 99215, 99242, 99243, 99244, 99245, 99341, 99342, 99344, 99345, 99347, 99348, 99349, 99350, 99381, 99382, 99383, 99384, 99385, 99386, 99387, 99391, 99392, 99393, 99394, 99395, 99396, 99397, 99401, 99402, 99403, 99404, 99411, 99412, 99421, 99422, 99423, 99441, 99442, 99443, 99457, 99458, 99483	G0071, G0463, G2010, G2012, G2250, G2251, G2252, T1015	0510, 0513, 0516, 0517, 0519, 0520, 0521, 0522, 0523, 0526, 0527, 0528, 0529, 0982, 0983
Depression case management encounter with a diagnosis of depression or behavioral health condition. Click the link above for a complete list of diagnosis codes.		99366, 99492, 99493, 99494	G0512, T1016, T1017, T2022, T2023	
Behavioral Health Encounter		90791, 90792, 90832, 90833, 90834, 90836, 90837, 90838, 90839, 90845, 90846, 90847, 90849, 90853, 90865, 90867, 90868, 90869, 90870, 90875, 90876, 90880, 90887, 99484, 99492, 99493	G0155, G0176, G0177, G0409, G0410, G0411, G0511, G0512, H0002, H0004, H0031, H0034, H0035, H0036, H0037, H0039, H0040, H2000, H2001, H2010, H2011, H2012, H2013, H2014, H2015, H2016, H2017, H2018, H2019, H2020, S0201, S9480, S9484, S9485	0900, 0901, 0902, 0903, 0904, 0905, 0907, 0911, 0912, 0913, 0914, 0915, 0916, 0917, 0919
Encounter for exercise counseling	Z71.82			

**Evidence of an antidepressant medication dispensing event.**

- ▶ [Click here](#) for list of antidepressant medications.

**Exclusion Criteria – Members with the following conditions are excluded from the PDS-E measure:**

- ▶ Deliveries in which members were in hospice or using hospice services any time during the measurement period.
- ▶ Members who die anytime during the measurement period.



**Best Practices:**

- ▶ Use the Inovalon<sup>®</sup> Provider Enablement Quality Gap Insights to identify members with gaps in care.
- ▶ Make outreach calls and/or send letters to advise members of the need for a visit.
- ▶ Clinical Recommendations:
  - The U.S. Preventive Services Task Force (USPSTF) recommends screening for depression among adolescents and adults, including pregnant and postpartum women.
  - The American College of Obstetricians and Gynecologists (ACOG) recommends that screening for perinatal depression and anxiety occur at the initial prenatal visit, later in pregnancy, and at postpartum visits with a standardized, validated instrument.
  - The American Academy of Pediatrics recommends that pediatricians screen mothers for postpartum depression at the infant's one-, two-, four- and six-month visits.
  - The USPSTF and ACOG also recommend that screening be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment and appropriate follow-up.
- ▶ Behavioral health referrals can be made through Carelon Behavioral Health (formerly Beacon Health Options). Providers may also use this link to access valuable information, forms and documents: [Click Here](#)
- ▶ GCHP's Care Management Team is made up of registered nurses, care management coordinators, and social workers who are ready to help GCHP members manage their health. GCHP Care Management referrals can be made by submitting the referral form available on the GCHP website or by contacting the Care Management team by phone or email.
  - Care Management Contact: 1-805-437-5656
  - Care Management Email: [CareManagement@goldchp.org](mailto:CareManagement@goldchp.org)
  - English Referral Form: [Click Here](#)
  - Spanish Referral Form: [Click Here](#)

<sup>1</sup> ECDS is a HEDIS<sup>®</sup> reporting standard that uses structured data systems (e.g., administrative claims, clinical registries, health information exchanges, electronic health records, disease/cases management systems) to report rates on ECDS designated measures.

<sup>2</sup> Brief screening instruments. All other instruments are full-length.

<sup>3</sup> Proprietary; may be cost or licensing requirement associated with use.