

## Next steps when your child has received a diagnosis



### Autism spectrum disorder

Early diagnosis and treatment can make a big difference in how likely it is that your child can build the skills that may help them become self-sufficient.<sup>1</sup>

Applied behavior analysis (ABA) therapy can help. ABA uses behavioral principles to teach children with autism numerous life skills and behaviors they may otherwise not learn on their own.

- Your health plan has an expanded ABA benefit.
- Pre-certification is required (if your child has already been diagnosed with autism spectrum disorder (ASD) and is receiving treatment, your provider may already be approved).

With ASD, it's never too soon to learn about services that can help. Services that can help you, your child and whole family live happier and healthier lives.

### Take the first step



Find eligible providers online  
at [liveandworkwell.com](https://liveandworkwell.com)  
Access Code: EAP



Call us at  
800-354-3950

<sup>1</sup> Autism Society and the Autism Society of Wisconsin. Living with Autism. Next Steps: A Guide for Families New to Autism. <https://www.autism-society.org/wp-content/uploads/2017/02/nextsteps09.pdf> Accessed April 26, 2021.

Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-suicide (784-2433) or 1-800-273-TALK (8255).