

ABA Services Roadmap

Start Here



Obtain a diagnosis of Autism Spectrum Disorder or other related diagnosis from a qualified health professional.

Who can help: Your Primary Care Manager. He/She will most likely need to refer you to a specialist(s) for a diagnosis.

Check with your insurance company for coverage and any copays, deductibles, or any service limitations.

Who can help: Your Insurance Company. They have the information you need as well as a list of in-network providers in your area.

Find a provider. Do you want home or center services, is there a waitlist, does the provider take your insurance?

Who can help: This one is left to you. You need to make some big decisions about the services you want and to do your homework about what is available in your area.

Request an authorization for an initial assessment from your insurance company. Your ABA provider can help with this.

Who can help: Your ABA Provider. This request is made by your chosen provider. If you already have a referral to another ABA provider you will need to contact your insurer to get a change.

Conduct a formal reassessment as required – usually every 6 months. Update goals and refine programs continuously.

Who can help: Your ABA Provider. May require your PCM and insurance company to assist.

Authorization provided and services start.

Who can help: Your ABA Provider. This is where you will meet your therapy team and get started with your program.

Review assessment results and finalize goals and session days and times. Formal request for services will be submitted.

Who can help: Your ABA Provider. Remember that this is the plan you are agreeing to so take the time to get it right.

Conduct the initial assessment with a qualified professional. This is designed to determine where you are, where you want to be, and how we are going to get there from here.

Who can help: Your ABA Provider. Your provider will coordinate this process but you should actively participate.