

May 23, 2025

**RE: Notification of Compliance with AB-1936 - Maternal Mental Health Screening Requirements**

Attn: Obstetrics and Gynecology (OB/GYN) and Primary Care Practitioners (PCPs)

Dear Valued Providers,

Effective January 1, 2025, L.A. Care Health Plan (L.A. Care) providers must comply with the updated Maternal Mental Health Screening requirements under Assembly Bill (AB)1936. These are designed to enhance access to mental health services for pregnant and postpartum patients.

Please review the key requirements outlined below:

**Providers are required to:**

- Conduct at least one (1) maternal mental health screening during pregnancy using a validated tool such as the [Edinburgh Postnatal Depression Scale \(EPDS\)](#) or the [Patient Health Questionnaire-9 \(PHQ-9\)](#).
- Conduct at least one (1) postpartum screening within the first six (6) weeks (7 – 84 days) after delivery.
- Provide additional postpartum screenings as medically necessary and clinically appropriate by the treating provider.

**Requested Timeframes:**

- Pregnant Members: Screening should occur during the first trimester.
- Postpartum Members: Screening should occur within 7 to 84 days after delivery.

**How to Refer Patients:**

Please ensure the maternal health screenings are conducted and documented in alignment with the specified time frames and guidelines below.

- **"Mild to Moderate" or "At-Risk":** Refer members to Caredon Behavioral Health at (877) 344-2858 for evidence-based perinatal care within ten (10) days of the referral.
- **High-Level Behavioral Health Needs:** Refer members to Los Angeles County Department of Mental Health (LACDMH) at (800) 854-7771.

**Health Education Services and Materials:**

L.A. Care offers maternal mental health educational materials for both members and providers.

These resources are available via:

- Online or by print order (<https://lacare.icolorconnect.com/login>)
- Mailings
- Text message campaigns
- Maternity Care website ([www.lacare.org/pregnancy](http://www.lacare.org/pregnancy))
- L.A. Care Newsletters and doula support.

For more information, please visit [www.lacare.org/pregnancy](http://www.lacare.org/pregnancy) and click on the “Maternal Mental Health” icon under Maternity Care Programs.

Your continued support is essential in enhancing access to maternal mental health services for pregnant patients and to facilitating timely prenatal and postpartum depression screenings.

Thank you for your ongoing commitment to providing quality and timely care for our members.

Sincerely,

Health Education Team  
L.A. Care Health Plan