



Sentara Health Plans Medical and Clinical Policy Updates

Effective December 1, 2026

Sentara Health Plans would like to notify you of the following medical policy updates made since the last version of **Provider News**.

You can access all current Sentara Health Plans medical policies at sentarahealthplans.com.

You can link directly to Sentara Health Plans current Prior Authorization List (PAL) at pal.sentarahealthplans.com.

For the most current, comprehensive review of the proceedings from Sentara Health Plans' pharmacy and therapeutics committee, please view the [Quarterly Pharmacy Changes](#) to see Formulary and Authorization updates.

Medical Policies

The Medical Policy Committee (MPC) approved the following Medical Policies applicable to Sentara Health Plans. These medical policies take effect December 1, 2026.

Policy Number	Policy Name	Status	Applicable Service Lines
BH 37	Applied Behavioral Analysis	Reviewed	Medicaid
DME 26	Needless Injections	Archived	Commercial and Medicaid
DME 31	Mechanical Stretching Devices	Archived	Commercial and Medicaid
DME 35	Home Traction Devices	Archived	Commercial and Medicaid
Medical 02	Bone Scaffolding	Reviewed	Commercial, Medicaid and Medicare
Medical 130	Urinary Incontinence Treatments	Revised	Commercial and Medicaid
Medical 144	Home Health Aide	Reviewed	Commercial and Medicaid
Medical 259	Prescription Digital Therapeutics	Revised	Commercial, Medicaid and Medicare
Medical 346	Sepsis and Other Febrile Illness without Focal Infection	Reviewed	Commercial, Medicaid and Medicare.
Medical 347	Medical Necessity Guidelines	Reviewed	Commercial
Medical 348	Not Medically Necessary, Experimental, Investigational and Unproven Guidelines	Reviewed	Commercial

Medical 352	Diabetes Management	Revised	Commercial and Medicaid
New Tech Review	Accelerated Deep Transcranial Magnetic Stimulation	Reviewed	Commercial
Pharmacy 12	Off-Label Drug Use	Reviewed	Commercial and Medicaid
Surgical 116	Sacroiliac Fusion, Open and Percutaneous	Reviewed	Commercial, Medicaid and Medicare
Surgical 117	Cervical Fusions	Reviewed	Commercial and Medicaid
Surgical 118	Lumbar Fusion	Reviewed	Commercial and Medicaid
Surgical 119	Spinal and Other Pain Management Procedures	Revised	Commercial and Medicaid
Surgical 120	Lumbar Discectomy	Reviewed	Commercial, Medicaid and Medicare
Surgical 121	Lumbar Laminectomy	Reviewed	Commercial, Medicaid and Medicare
Surgical 122	Cervical Laminectomy	Reviewed	Commercial, Medicaid and Medicare
Surgical 214	Core Decompression of the Knee, Ankle, Elbow and Shoulder	Revised	Commercial, Medicaid and Medicare

Surgical 34	Orthognathic Surgery	Reviewed	Commerical and Medicaid
Surgical 35	Spinal Arthroplasty	Reviewed	Commerical and Medicaid