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SHP Intensive Cardiac Rehabilitation Programs

AUTH: SHP Medical 52 v2 (AC)

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Coverage

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See the appropriate benefit document for specific coverage determination. Member specific benefits take precedence over medical policy.

Application to Products

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Policy is applicable to all products.

Authorization Requirements

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Pre-certification by the Plan is required.

For Phase II Cardiac Rehabilitation refer to SHP Medical 51 Policy

Description of Item or Service

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Intensive Cardiac Rehabilitation programs are medically monitored rehabilitation services with the goal of reversing the progression of heart disease. The rehabilitation consists of exercise and education on lifestyle changes regarding eating habits and stress management. These programs include The Dean Ornish Program for Reversing Heart Disease, Benson-Henry Institute Cardiac Wellness Program and The Pritkin Program.

Exceptions and Limitations

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There is insufficient scientific evidence to support the medical necessity of intensive cardiac rehabilitation programs for uses other than those listed in the clinical indications for procedure section.

Clinical Indications for Procedure

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- Intensive Cardiac Rehabilitation Programs (e.g., Dean Ornish Program for reversing heart disease, Benson-Henry Institute Cardiac Wellness Program, the Pritkin Program) may be covered for **1 or more** of the following :
 - Individual with **1 or more** of the following :
 - Acute myocardial infarction within the preceding 12 months
 - Coronary artery bypass surgery
 - Current stable angina pectoris
 - Heart valve repair or replacement
 - Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting
 - Heart or heart-lung transplant
 - Individual with stable, chronic heart failure as indicated by **ALL** of the following :
 - Left ventricular ejection fraction of 35% or less
 - New York Heart Association (NYHA) class II to IV symptoms despite being on optimal heart failure therapy for at least 6 weeks
 - No recent (less than or equal to 6 weeks) or planned (less than or equal to 6 months) major cardiovascular hospitalizations or procedures

Document History

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- Revised Dates:
 - 2021: March
 - 2020: January, February
 - 2016: March; April; July; September
 - 2015: July
 - 2014: July; November
 - 2013: July
 - 2010: November
 - 2009: November
 - 2008: November

- Reviewed Dates:
 - 2023: March
 - 2022: March
 - 2018: August
 - 2017: November
 - 2012: August
 - 2011: September
 - 2010: October
- Effective Date: January 1998

Coding Information

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- CPT/HCPCS codes covered if policy criteria is met:
 - HCPCS G0422 - Intensive cardiac rehabilitation; with or without continuous ECG monitoring with exercise, per session
 - HCPCS G0423 - Intensive cardiac rehabilitation; with or without continuous ECG monitoring; without exercise, per session
 - HCPCS S9472 - Cardiac rehabilitation program, nonphysician provider, per diem
- CPT/HCPCS codes considered not medically necessary per this Policy:
 - None

References

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References used include but are not limited to the following:

Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; Uptodate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

(2023). Retrieved Feb 7, 2023, from MCG 26th Edition: <https://careweb.careguidelines.com/ed26/index.html>

(2023). Retrieved Feb 7, 2023, from DMAS: <https://www.dmas.virginia.gov/>

Cardiac Rehabilitation. (2023). Retrieved Feb 9, 2023, from American College of Cardiology (ACC): <https://www.acc.org/guidelines#/results/cardiac%20rehab>

Cardiac rehabilitation programs. (2021, Jul 13). Retrieved Feb 7, 2023, from UpToDate: https://www.uptodate.com/contents/cardiac-rehabilitation-programs?search=Cardiac%20Rehabilitation&source=search_result&selectedTitle=1~66&usage_type=default&display_rank=1

Comparative Effectiveness Review Of Intensive Cardiac Rehabilitation Programs for Coronary Artery Disease – Annual Review: Jan 14, 2022. (n.d.). Retrieved Feb 7, 2023, from Hayes: <https://evidence.hayesinc.com/report/dir.intensivecardiac4148>

Intensive Cardiac Rehabilitation. (2023). Retrieved Feb 9, 2023, from The Ornish Reversal Program: <https://www.ornish.com/intensive-cardiac-rehab/>

National Coverage Determination (NCD) Intensive CARDIAC REHABILITATION (ICR) Programs 20.31. (2010, Aug 12). Retrieved Feb 7, 2023, from NCD CMS: <https://www.cms.gov/medicare-coverage-database/view/ncd.aspx?ncdid=339&ncdver=1&keyword=cardiac%20rehabilitation&keywordType=starts&areald=all&docType=NCA,CAL,NCD,MEDCAC,TA,MCD,6,3,5,1,F,P&contractOption=all&sortBy=relevance&bc=1>

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