

Physical Therapy for Treating Obesity

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<u>Effective Date</u>	02/2012
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<u>Coverage Policy</u>	Medical 252
<u>Version</u>	5

Member-specific benefits take precedence over medical policy and benefits may vary across plans. Refer to the individual's benefit plan for details*.

Purpose:

This policy addresses the medical necessity of Physical Therapy for Treating Obesity.

Description & Definitions:

Physical therapy for treating obesity is a regimented exercise program to help individuals who are severely overweight.

Criteria:

Physical therapy for treating obesity is considered **not medically necessary** for any indication.

Coding:

Medically necessary with criteria:

Coding	Description
	None

Considered Not Medically Necessary:

Coding	Description
	None

U.S. Food and Drug Administration (FDA) - approved only products only.

Document History:

Revised Dates:

- 2020: January
- 2016: April
- 2015: November, December

- 2014: January
- 2013: April, October

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- 2024: January
- 2023: January
- 2022: January
- 2021: January
- 2018: November
- 2017: December
- 2016: January
- 2015: January
- 2013: January

Effective Date:

- February 2012

References:

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

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Comprehensive Clinical Practice Guidelines For Medical Care of Patients with Obesity. (2016). Retrieved Dec 2023, from American Association of Clinical Endocrinologists and American College of Endocrinology (AACE/ACE): <https://pdf.sciencedirectassets.com/777989/1-s2.0-S1530891X16X58004/1-s2.0-S1530891X20446300/main.pdf?X-Amz-Security->

Special Notes: *

This medical policy expresses Sentara Health Plan's determination of medical necessity of services, and they are based upon a review of currently available clinical information. Medical policies are not a substitute for clinical judgment or for any prior authorization requirements of the health plan. These policies are not an explanation of benefits.

Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving and these medical policies are subject to change without notice, although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

Keywords:

SHP Physical Therapy for Treating Obesity, SHP Medical 252, SHP Medical 32, obese, severely overweight, PT