I. POLICY

It is the policy of MedStar Health, Inc. to recognize coverage for a Lifestyle Modification Program for Reversing Heart Disease (one example is the Dr. Dean Ornish Program for Reversing Heart Disease) as appropriate and consistent with good medical practice when performed for the indications listed in this policy. Coverage for this service is based upon medical necessity (refer to CRM.015.MH Medical Necessity) as detailed in this policy and according to the member’s specific benefit plan.

II. DEFINITIONS

N/A

III. PURPOSE

The purpose of this policy is to define the appropriate indications for coverage of the Lifestyle Management Program for Reversing Heart Disease.

IV. SCOPE

This policy applies to various MedStar Health, Inc. departments as indicated by the Benefit and Reimbursement Committee. These include but are not limited to: Medical Management, Benefit Configuration and Claims Departments.
V. **PROCEDURE**

A. Medical Description/Background

Coronary artery disease (CAD) is still the number one cause of death in the United States. While several of the risk factors for developing CAD are beyond our control, research has suggested that aggressive reduction of the controllable risk factors obesity, smoking, and elevated cholesterol/triglycerides may slow, stop, or even reverse the progress of coronary artery disease. Lifestyle modification programs are increasingly becoming a new approach to the prevention or even reversal of CAD. These programs are offered as an alternative non-invasive, non-surgical treatment for heart disease and encompass diet, non-smoking, exercise, group support and stress management techniques for psychological, emotional, and spiritual healing. This program allows patients to take a direct role in improving the quality of their lives.

The lifestyle modification program’s objectives include:

- Reducing blockages in the coronary arteries,
- Improving blood flow to the heart,
- Reducing cardiac chest pain (angina),
- Reducing serum cholesterol levels,
- Improving exercise capacity, sense of well-being, and quality of life.

Classes for lifestyle modification for reversing heart disease are completed over the course of one year and are conducted by a professional team consisting of a medical director, registered dieticians, exercise physiologists, stress management specialists, cardiac nurse case managers and behavioral health clinicians. The team keeps in contact with the participant’s primary care physician/specialist.

The program is divided into various stages:

- Stage 1 – occurs over a 12 to 13 week period with intensive comprehensive instruction in exercise, nutrition, health education and stress and mental health management.
- Stage 2 – usually includes weekly three hour sessions that include group support, stress management, education, and exercise.
- Stage 3 – consists of monthly three hour sessions of group support, stress management, and education.
- Stage 4 – case management is provided on a monthly basis throughout this stage and focuses on adherence, medication utilization, ongoing education, etc.
B. Indications

The lifestyle modification program is offered for members whose personal physician certifies that the member meets the clinical eligibility requirements to participate in this program which includes all of the following criteria:

1. Members with documented CAD or significant cardiovascular risk factors defined as any for the following:
   a) Individuals considering coronary artery bypass graft (CABG) surgery or angioplasty who are seeking an option that may reduce the need for those procedures,
   b) Individuals who previously had CABG or angioplasty procedures and want to minimize the chance of requiring them again,
   c) Individuals who have a diagnosis of coronary artery disease/angina,
   d) Individuals who have significant risk factors such as diabetes, hypertension, hypercholesterolemia and a strong family history of heart disease.

And

2. Members who are committed and motivated to complete the program and make the necessary lifestyle changes

C. Limitations

Member limitations for program participation include all of the following:

1. Program is limited to once in a lifetime benefit,
2. Member must be a non-smoker or have quit smoking at least three months prior,
3. Services must be provided by a designated MedStar Health, Inc. Lifestyle Modification Program provider.

Contraindications to program participation are any of the following:

a) Acute myocardial infarction within the 2 week period before enrollment,
   b) Left main disease greater than 50% occlusion,
   c) Three vessel disease with decreased ejection fraction,
   d) Unstable angina,
   e) CABG surgery within 4 weeks of enrollment (unless otherwise approved for participation by his/her physician),
   f) Previous angioplasty within 6 months of enrollment,
   g) Hypotensive response to exercise (greater than 20 mm Hg drop in systolic pressure),
   h) History of exercise-induced ventricular tachycardia or third degree heart block without evidence of current stability,
D. Codes

The following codes for treatments and procedures applicable to this policy are included below for informational purposes. Inclusion or exclusion of a procedure, diagnosis or device code(s) does not constitute or imply member coverage or provider reimbursement policy. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage of these services as it applies to an individual member.

**HCPCS Codes:**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>S0340</td>
<td>Lifestyle modification program for management of coronary artery disease, including all supportive services; first quarter/stage</td>
</tr>
<tr>
<td>S0341</td>
<td>Lifestyle modification program for management of coronary artery disease, including all supportive services; second or third quarter/stage</td>
</tr>
<tr>
<td>S0342</td>
<td>Lifestyle modification program for management of coronary artery disease, including all supportive services; fourth quarter/stage</td>
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</tbody>
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**ICD-9 Codes:**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>250.00-250.93</td>
<td>Diabetes mellitus</td>
</tr>
<tr>
<td>272.0-272.9</td>
<td>Disorders of lipid metabolism</td>
</tr>
<tr>
<td>278.00-278.8</td>
<td>Overweight, obesity and other hyperlimentation</td>
</tr>
<tr>
<td>305.1</td>
<td>Tobacco use disorder</td>
</tr>
<tr>
<td>401.0-459.9</td>
<td>Disorders of circulatory system</td>
</tr>
<tr>
<td>V15.82</td>
<td>History of tobacco use</td>
</tr>
<tr>
<td>V17.3-V17.49</td>
<td>Family history of ischemic heart disease and other cardiovascular diseases</td>
</tr>
<tr>
<td>V45.81</td>
<td>Aortocoronary bypass status</td>
</tr>
<tr>
<td>V45.82</td>
<td>Percutaneous transluminal coronary angioplasty status</td>
</tr>
<tr>
<td>V45.89</td>
<td>Other postprocedural status</td>
</tr>
<tr>
<td>V57.89-V57.9</td>
<td>Other and unspecified rehabilitation procedure</td>
</tr>
</tbody>
</table>
V58.49           Other specified aftercare following surgery
V65.3            Dietary surveillance and counselling

ICD-10 Codes:   Description:
E10.10-E10.9    Diabetes mellitus
E11.00-E11.9    Overweight, obesity, and other hyperalimentation
E13.21-E13.9    Disorders of lipoprotein metabolism and other lipidemias
E65-E68         Nicotine dependence
E78.0-E78.9     Diseases of the circulatory system
F17.200-F17.299 Family history of ischemic heart disease and other
circulatory system
I10-I99.9       Encounter for surgical aftercare following surgery on the
circulatory system
Z48.812         Overweight, obesity, and other hyperalimentation
Z51.89          Disorders of lipoprotein metabolism and other lipidemias
Z71.3           Nicotine dependence
Z82.41-Z82.49   Diseases of the circulatory system
Z87.891         Diagnosis for surgical aftercare following surgery on the
circulatory system
Z91.9         Other specified aftercare
Z95.818-Z95.9  Family history of ischemic heart disease and other
circulatory system
Z98.61-Z98.62  Presence of cardiac and vascular implants and grafts
Z98.89         Enrolled patients

E. Variations
N/A

F. Quality Audit

Quality Audit may monitor policy compliance or billing accuracy at the request of
the MedStar Health’s Technology Assessment Committee or the Benefits
Reimbursement Committee.

G. Records Retention

Records Retention for documents, regardless of medium is provided within the

Unless otherwise mandated by Federal or State law, or unless required to be
maintained for litigation purposes, any communications recorded pursuant to this
Policy are maintained for a minimum of ten (10) years from the date of recording

H. References

UPMC Health Plan and Evolent Health provide administrative functions and services
on behalf of MedStar Health, Inc. and its affiliates.

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Medical Literature/Clinical Information:


Regulatory/Government Source:


Disclaimer:

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