

<b>Policy Name:</b>	<b>Medical Policy: Lifestyle Activities of Daily Living (ADLs), Educational, and Training Programs</b>	<b>Policy #:</b>	<b>MP-48</b>
---------------------	--	------------------	--------------

## Policy Information

<b>Owner Department:</b>	Medical UM & Systems Department
<b>Owner:</b>	Assigned Medical Director
<b>Electronic Signature/Date:</b>	Krystal Revai (01/15/2024), Lori Slaughter (01/08/2024)

*If there is a discrepancy between a medical policy and a patient's policy or plan document/summary plan description, the policy or plan document/summary plan descriptions provisions and limitations will govern the determination of benefits.*

## Purpose of the Policy

To make utilization decisions, Health Alliance uses written criteria based on sound clinical evidence for appropriately applying the criteria.

## Statement of the Policy

To apply objective and evidence-based criteria when determining the medical appropriateness of health care services.

**NOTE: Please refer to plan documents for prior authorization status/necessity.**

## Interpretations

### 1. The following are not covered by Health Alliance, because they are not considered basic Health Care Services:

- 1.1 Driver Assessment Programs
  - These programs assess driving performance/capabilities and provide recommendations for measures to increase the patient's cognitive and/ or physical skills to a level needed for safe driving and not covered by Health Alliance.
- 1.2 Isotechnology B200, Work Capacity, Work Hardening, Vocational Rehabilitation
  - These are considered work-related programs and not covered by Health Alliance.
- 1.3 Marriage Counseling
  - Marriage Counseling is individual or couples counseling for marital problems and not covered by Health Alliance.
- 1.4 Voice Clinic
  - This is a team approach for the evaluation and treatment of voice disorders common to the individual whose livelihood depends upon extended use of the voice and not covered by Health Alliance
    - **Note:** Medically necessary services related to the voice are covered.
- 1.5 Weight Loss, Exercise, and Fitness Programs
  - Charges for special formulas, food, supplements, special diets, minerals, vitamins (e.g., amino acid supplements, Optifast liquid protein meals, NutriSystem pre-packaged foods, Medifast foods, grocery delivery) or Physician and non-Physician supervised weight loss programs are not covered. Organized proprietary programs such as Weight Watchers, Jenny Craig, Diet Center or similar programs and Physical fitness programs, membership in fitness or aquatic facilities, home exercise

equipment, sport activities and equipment are not covered. This does not exclude coverage for medically appropriate rehabilitative services.

- 1.6 Treatment of Specific learning disabilities (including dyslexia, dyscalculia, dysgraphia, and other learning differences) is not a covered benefit at any age. These services are provided in schools under the US Individuals with Disabilities Education Improvement Act. As early as possible children and adolescents should be provided with learning accommodations and instructional modifications to maximize their learning. For adults newly diagnosed or with persistent problems with these conditions, there are no known specific medical treatments which have been proven effective for them. ([Ref. 1, 2](#))
- 1.7 Educational and Training Programs: Health Alliance in general does not cover group educational and training programs, including but not limited to those submitted with the [CPT/HCPCS Codes below](#). Similar to Medicare, Health Alliance does not cover S codes.
- 1.8 **Medicare Advantage Criteria details:** Medicare also does not cover the above activities.
- For work hardening reference, see Physical and Occupational Services – See LCD/LCA information in grid below.
  - CPT 97545 – Work hardening/conditioning; initial 2 hours; and
  - CPT 97545 – Work hardening/conditional; each additional hour
  - These services are related solely to specific work skills and will be denied as not medically necessary for the diagnosis or treatment of an illness or injury.
  - They are statutorily non-covered service; the patient is liable for payment according to Medicare.
  - Search for Regional LCD/LCA with CPT codes in Medicare website/link - [MCD Search \(cms.gov\)](#)

Regional Medicare Admin Contractor (MAC) – Member’s state	Regional LCD/LCA Identifier	Applicable Criteria
NGS (IL)	L33631/A56566 (work hardening)	Applicable NGS LCD/LCA
Noridian (WA)	None	Commercial policy
Palmetto (NC)	L34427/A53064 (work hardening) L34428/A53065 (work hardening)	Applicable Palmetto LCD/LCA
WPS (IA, IN)	None	Commercial policy
CHS (OH)	None	Commercial policy

## CPT/HCPCS Codes

98960	Education and training for patient self-management by a qualified, nonphysician health care professional using a standardized curriculum, face-to-face with the patient (could include caregiver/family) each 30 minutes; individual patient
98961	Education and training for patient self-management by a qualified, nonphysician health care professional using a standardized curriculum, face-to-face with the patient (could include caregiver/family) each 30 minutes; 2-4 patients
98962	Education and training for patient self-management by a qualified, nonphysician health care professional using a standardized curriculum, face-to-face with the patient (could include caregiver/family) each 30 minutes; 5-8 patients
99078	Physician or other qualified health care professional qualified by education, training, licensure/regulation (when applicable) educational services rendered to patients in a group setting (e.g. prenatal, obesity, or diabetic instructions)
G0177	Training and educational services related to the care and treatment of patient’s disabling mental health problems per session (45 minutes or more)
S9140	Diabetic management program, follow-up visit to non-MD provider
S9141	Diabetic management program, follow-up visit to MD provider

S9438	Cesarean birth classes, nonphysician provider, per session
S9439	VBAC (vaginal birth after cesarean) classes, nonphysician provider, per session
S9441	Asthma education, nonphysician provider, per session
S9442	Birthing classes, nonphysician provider, per session
S9444	Parenting classes, nonphysician provider, per session
S9445	Patient education, not otherwise classified, nonphysician provider, individual, per session
S9446	Patient education, not otherwise classified, nonphysician provider, group, per session
S9447	Infant safety (including CPR) classes, nonphysician provider, per session
S9449	Weight management classes, nonphysician provider, per session
S9451	Exercise classes, nonphysician provider, per session
S9452	Nutrition classes, nonphysician provider, per session
S9454	Stress management classes, nonphysician provider, per session
S9455	Diabetic management program, group session
S9460	Diabetic management program, nurse visit
S9465	Diabetic management program, dietician visit
<b>Diabetes training is covered with the codes below:</b>	
G0108	Diabetes outpatient self-management training services, individual, per 30 minutes
G0109	Diabetes outpatient self-management training services, group session (two or more), per 30 minutes

Providers are required to indicate the diagnosis and procedure codes when requesting review of coverage.

## References

1. Doyle N. Neurodiversity at work: a biopsychosocial model and the impact on working adults. *BR Med Bull* 2020 Sep; 135(1): 108-125.
2. de Beer J, et al. Factors relevant to work participation from the perspective of adults with developmental dyslexia; a systematic review of qualitative studies. *BMC Public Health* 2022; 22: 1083.

## History

<b>Created Date:</b>	03/28/01		
<b>Effective Date:</b>	03/28/01		
<b>Next Review Date:</b>	01/15/2025		
<b>Revision Date:</b>	06/12/02 – MDC	08/11/04 – MDC	09/14/05 – MDC
	09/13/06 – MDC	09/12/07 – MDC	09/10/08 – MDC
	09/09/09 – MDC	11/05/10 – MDC	11/09/11 – MDC
	10/08/12 – J. Elliott	08/21/13	06/19/14
	05/28/15	05/25/16	
	04/19/17 – MDC-Expanded non-covered weight loss treatments.		

	04/11/18	03/19/19 – MDC-Annual review, Medicare link updated.
	02/18/20 – MDC-Annual review, no changes; Medicare links updated.	
	01/19/20 – MDC-Annual review, addition of non-covered codes from code review workgroup for education and training programs.	
	01/19/21 – MDC-Annual review, addition of non-covered codes from code review workgroup for education & training programs. (1.6 & 1.7 switched to flow with CPT codes).	
	07/16/21 – Dr. Burke-Added S9438 & S9439 to code list.	
	01/18/22 – MDC-Annual review, 1.7 added.	
	01/17/23 – MDC-Annual review, clarified no coverage of adult learning disabilities, references added.	
	12/19/23 – MDC-Annual review, Medicare grid added, otherwise no changes.	