MP.059.MPC – Heart Disease, Lifestyle Modification

Maryland Physicians Care considers **Heart Disease, Lifestyle Modification Program** medically necessary for the following 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 coronary artery disease (CAD) or significant cardiovascular risk factors defined as any for the following:
   a) Consideration of coronary artery bypass graft (CABG) surgery or angioplasty and are seeking an option that may reduce the need for those procedures,
   b) Previous history of CABG or angioplasty procedures and want to minimize the chance of requiring them again,
   c) Diagnosis of coronary artery disease/angina,
   d) 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

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 to participating in the program.

Background
The Centers for Disease Control and Prevention (CDC) define coronary artery disease (CAD) as the most common type of heart disease in the United States caused by plaque buildup in the walls of coronary arteries. The most common symptom of CAD, angina, results in chest pain or discomfort from the heart muscle lacking enough blood. Studies show that lifestyle changes, such as eating a healthier diet, increasing physical activity and quitting smoking, can lower one's risk for heart attack or worsening of CAD.

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Lifestyle modification programs are increasingly becoming a new approach to the prevention or even reversal of CAD. These comprehensive programs encompass exercise, a low-fat diet, smoking cessation, stress management training, and group support sessions.

The lifestyle modification program's look to reduce the following patient measurements:

- Low density lipoprotein
- Triglycerides
- Body mass index
- Systolic blood pressure
- Diastolic blood pressure
- Need for cholesterol, blood pressure, and diabetes medications

Classes for lifestyle modification for reversing heart disease are completed over the course of one year and are conducted by a professional team that may consist of a medical director, registered dieticians, exercise physiologists, stress management specialists, cardiac nurse case managers, clinical psychologists and behavioral health clinicians.

Codes:

CPT Codes / HCPCS Codes / ICD-10 Codes	
Code	Description
HCPCS codes covered if selection criteria are met (If Appropriate):	
S0340	Lifestyle modification program for management of coronary artery disease, including all supportive services; first quarter/stage
S0341	Lifestyle modification program for management of coronary artery disease, including all supportive services; second or third quarter/stage
S0342	Lifestyle modification program for management of coronary artery disease, including all supportive services; fourth quarter/stage
ICD-10 codes covered if selection criteria are met:	
E10.10-E10.9 E11.00-E11.9 E13.21-E13.9	Diabetes mellitus
E65-E68	Overweight, obesity, and other hyperalimentation
E78.0-E78.9	Disorders of lipoprotein metabolism and other lipidemias
F17.200-F17.299	Nicotine dependence

I10-I99.9	Diseases of the circulatory system
Z48.812	Encounter for surgical aftercare following surgery on the circulatory system
Z51.89	Encounter for other specified aftercare
Z71.3	Dietary counseling and surveillance
Z82.41-Z82.49	Family history of ischemic heart disease and other diseases of the circulatory system
Z87.891	Personal history of nicotine dependence
Z95.1-Z95.5 Z95.818-Z95.9	Presence of cardiac and vascular implants and grafts
Z98.61-Z98.62	Angioplasty status
Z98.89	Other specified postprocedural states

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