

## MP.151.MPC - Supervised Exercise Therapy for Peripheral Artery Disease

Maryland Physicians Care considers **Supervised Exercise Therapy (SET) for Peripheral Artery Disease (PAD)** medically necessary for members with intermittent claudication (IC) for the treatment of symptomatic PAD. Up to 36 sessions over a 12-week period are covered if all of the following components of a SET program are met:

- The SET program must:
  - Consist of sessions lasting 30-60 minutes comprising a therapeutic exercise-training program for PAD in patients with claudication;
  - Be conducted in a hospital outpatient setting, or a physician's office;
  - Be delivered by qualified auxiliary personnel necessary to ensure benefits exceed harms, and who are trained in exercise therapy for PAD; and
  - Be under the direct supervision of a physician, physician assistant, or nurse practitioner/clinical nurse specialist trained in both basic and advanced life support techniques.
- Members must have a face-to-face visit with the physician responsible for PAD treatment to obtain the referral for SET. At this visit, the beneficiary must receive information regarding cardiovascular disease and PAD risk factor reduction, which could include education, counseling, behavioral interventions, and outcome assessments.
- An additional 36 sessions over an extended period of time may be covered. A second referral is required for these additional sessions.

### Non-Covered Indications

SET is non-covered for beneficiaries with absolute contraindications to exercise as determined by their primary physician.

### Background

CMS defines PAD as a vascular disease that stems from atherosclerosis (plaque buildup) which narrows the arteries affecting the lower extremities. The number of people diagnosed with PAD is estimated at more than 200 million worldwide, with approximately 12% of Americans having PAD. The most common symptom experienced by people with PAD is IC, which affects about two million Americans, and eight million people globally

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Research has shown SET to be an effective, minimally invasive method to alleviate the most common symptom associated with PAD (IC). SET has been shown to be significantly more effective than unsupervised exercise and could prevent the progression of PAD and lower the risk of cardiovascular events that are prevalent in these patients. SET has also been shown to perform at least as well as more invasive revascularization treatment.

### Codes

Covered CPT Codes/ HCPCS Codes	
93668	Peripheral arterial disease (pad) rehabilitation, per session
ICD-10 Codes	
I70.211	Right leg
I70.212	Left leg
I70.213	Bilateral Legs
I70.218	Other extremity
I70.311	Right leg
I70.312	Left leg
I70.313	Bilateral Legs
I70.318	Other extremity
I70.611	Right leg
I70.612	Left leg
I70.613	Bilateral Legs
I70.618	Other extremity
I70.711	Right leg
I70.712	Left leg
I70.713	Bilateral Legs
I70.718	Other extremity

### References

- Centers for Medicare and Medicaid Services (CMS). Decision Memo for Supervised Exercise Therapy (SET) for Symptomatic Peripheral Artery Disease (PAD) (CAG-00449N). May 25, 2017. [https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=287&NcaName=Supervised+Exercise+Therapy+\(SET\)+for+Symptomatic+Peripheral+Artery+Disease+\(PAD\)&ExpandComments=y&CommentPeriod=0&bc=qCAAAAACAAAA%3D%3D&](https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=287&NcaName=Supervised+Exercise+Therapy+(SET)+for+Symptomatic+Peripheral+Artery+Disease+(PAD)&ExpandComments=y&CommentPeriod=0&bc=qCAAAAACAAAA%3D%3D&)
- Centers for Medicare and Medicaid Services (CMS). MLN Matters. October 2017 Update of the Hospital Outpatient Prospective Payment System (OPPS). October

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- 2, 2017. <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/Downloads/MM10236.pdf>
3. Centers for Medicare and Medicaid (CMS). MLN Matters. February 2018. Revised: February 13, 2019. Supervised Exercise Therapy (SET) for Symptomatic Peripheral Artery Disease (PAD). <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/Downloads/MM10295.pdf>
4. National Institute for Health and Care Excellence (NICE). Peripheral arterial disease: diagnosis and management. Clinical guideline [CG147] Published date: August 8, 2012. Last Updated: December 11, 2020. <https://www.nice.org.uk/guidance/CG147/chapter/1-Guidance#management-of-intermittent-claudication>

### Archived References

1. Hayes. Search & Summary. Supervised Exercise Therapy (SET) for the Treatment of Symptomatic Peripheral Artery Disease (PAD). September 1, 2020. Archived: October 1, 2021.

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