

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.

MP.059.MPC – Heart Disease, Lifestyle Modification Program

Policy Number: MP.059.MPC
Last Review Date: 02/16/2023
Effective Date: 03/01/2023

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 dietitians, 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
-----------------	---------------------

MP.059.MPC – Heart Disease, Lifestyle Modification Program

Policy Number: MP.059.MPC
Last Review Date: 02/16/2023
Effective Date: 03/01/2023

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

References

1. Centers for Disease Control and Prevention (CDC). Coronary Artery Disease (CAD). Last reviewed: August 10, 2015.
http://www.cdc.gov/heartdisease/coronary_ad.htm
2. Centers for Medicare and Medicaid Services (CMS). Decision Memo for Intensive Cardiac Rehabilitation (ICR) Program - Dr. Ornish's Program for Reversing Heart Disease (CAG-00419N). Issued: 08/12/2010.
[http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=240&NcaName=Intensive+Cardiac+Rehabilitation+\(ICR\)+Program+-+Dr.+Ornish%2527s+Program+for+Reversing+Heart+Disease&NCDId=341&ncdver=1&IsPopup=y&bc=AAAAAAAAEAAA&](http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=240&NcaName=Intensive+Cardiac+Rehabilitation+(ICR)+Program+-+Dr.+Ornish%2527s+Program+for+Reversing+Heart+Disease&NCDId=341&ncdver=1&IsPopup=y&bc=AAAAAAAAEAAA&)
3. Centers for Medicare and Medicaid Services (CMS). Decision Memo for Intensive Cardiac Rehabilitation (ICR) Program - Pritikin Program (CAG-00418N). Issued: Aug. 12, 2010.
<http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=239&bc=AiAAAAAAAAgAAAA%3d%3d&>
4. Centers for Medicare and Medicaid Services (CMS). MLN Matters #MM7113, Intensive Cardiac Rehabilitation (ICR) Programs – Dr. Ornish's Program for Reversing Heart Disease and the Pritikin Program. Issued: 10/25/10. Updated 12/10/2012.
<https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/Downloads/R125NCD.pdf>

MP.059.MPC – Heart Disease, Lifestyle Modification Program

Policy Number: MP.059.MPC
Last Review Date: 02/16/2023
Effective Date: 03/01/2023

5. Centers for Medicare and Medicaid Services (CMS). National Coverage Determination (NCD) No. 20.31 – Intensive Cardiac Rehabilitation (ICR). Effective Date: 08/12/2010.
<http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=339&ncdver=1&bc=AAAgAAAAAAAAAA%3d%3d&>
6. Centers for Medicare and Medicaid Services (CMS). National Coverage Determination (NCD) No. 20.31.2- Ornish Program for Reversing Health Disease. Effective Date: 8/12/2010.
<http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=341&ncdver=1&bc=AgAAgAAAAAAAAAA%3d%3d&>
7. Centers for Medicare and Medicaid Services (CMS). National Coverage Determination (NCD) No.23.31.3- Intensive Cardiac Rehabilitation Program- Benson-Henry Institute Cardiac Wellness Program. Effective Date 5/6/2014.
<http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=362&ncdver=1&bc=AgAAgAAAAAAAAAA%3d%3d&>
8. Hoyert DL, Xu JQ. Deaths: Preliminary data for 2011. National Vital Statistics Reports, Volume 61, Number 6 October 10, 2012
http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_06.pdf
9. Janssen V, De Gucht V, Dusseldorp E, et al. Lifestyle modification programmes for patients with coronary heart disease: a systematic review and meta-analysis of randomized controlled trials. Eur J Prev Cardiol. 2013 Aug;20(4):620-640. doi: 10.1177/2047487312462824. Epub 2012 Sep 28.
<http://cpr.sagepub.com/content/early/2012/09/28/2047487312462824.abstract>
10. Razavi M, Fournier S, Shepard DS, et al. Effects of lifestyle modification programs on cardiac risk factors. PLoS One. 2014 Dec 9;9(12):e114772. doi: 10.1371/journal.pone.0114772. eCollection 2014.
<http://www.plosone.org/article/fetchObject.action?uri=info:doi/10.1371/journal.pone.0114772&representation=PDF>
11. Zeng W, Stason WO, Fournier S, et al. Benefits and costs of intensive lifestyle modification programs for symptomatic coronary disease in Medicare beneficiaries. Am Heart J. 2013 May; 165 (5): 785-792.
<http://www.ncbi.nlm.nih.gov/pubmed/23622916>

Disclaimer

Maryland Physicians Care medical payment and prior authorization policies do not constitute medical advice and are not intended to govern or otherwise influence the practice of medicine. The policies constitute only the reimbursement and coverage guidelines of Maryland Physicians Care and its affiliated managed care entities. Coverage for services varies for individual members in accordance with the terms and

MP.059.MPC – Heart Disease, Lifestyle Modification Program

Policy Number: MP.059.MPC
Last Review Date: 02/16/2023
Effective Date: 03/01/2023

conditions of applicable Certificates of Coverage, Summary Plan Descriptions, or contracts with governing regulatory agencies.

Maryland Physicians Care reserves the right to review and update the medical payment and prior authorization guidelines in its sole discretion. Notice of such changes, if necessary, shall be provided in accordance with the terms and conditions of provider agreements and any applicable laws or regulations.

These policies are the proprietary information of Maryland Physicians Care. Any sale, copying, or dissemination of said policies is prohibited.