

## Medical Coverage Policy | Transcranial Magnetic Stimulation (TMS)



**EFFECTIVE DATE:** 08 | 01 | 2018

**POLICY LAST UPDATED:** 09 | 18 | 2018

### OVERVIEW

Transcranial magnetic stimulation (TMS), also called repetitive transcranial magnetic stimulation, is a non-invasive method of delivering electrical stimulation to the brain. TMS involves placement of a small coil over the scalp; passing a rapidly alternating current through the coil wire, which produces a magnetic field that passes unimpeded through the scalp and bone, resulting in electrical stimulation of the cortex. Repetitive TMS is used as a treatment of depression and other psychiatric/neurologic brain disorders. This policy documents the medical criteria for when the service is medically necessary.

### MEDICAL CRITERIA

As documented by Blue Cross & Blue Shield of Rhode Island (BCBSRI) Behavioral Health Vendor.

### PRIOR AUTHORIZATION

#### BlueCHiP for Medicare and Commercial Products

#### Non Participating Providers

Prior authorization is required for BlueCHiP for Medicare and recommended for Commercial Products. To request prior authorization, contact BCBSRI Behavioral Health Vendor at 800-274-2958

#### Participating Providers

Notification is needed to ensure correct claims processing. Contact BCBSRI Behavioral Health Vendor at 800-274-2958

### POLICY STATEMENT

#### BlueCHiP for Medicare and Commercial Products

Transcranial magnetic stimulation (TMS) is medically necessary when the criteria is met.

### BACKGROUND

Transcranial magnetic stimulation (TMS), also called repetitive transcranial magnetic stimulation, is a non-invasive method of delivering electrical stimulation to the brain. A magnetic field is delivered through the skull where it induces electric currents that affect neuronal function. Repetitive TMS is being evaluated as a treatment of depression and other psychiatric/neurologic brain disorders. The use of TMS is typically recommended for up to 30 visits over a 7-week period followed by 6 taper treatments.

Transcranial magnetic stimulation was first introduced in 1985 as a new method of non-invasive stimulation of the brain. The technique involves placement of a small coil over the scalp; passing a rapidly alternating current through the coil wire, which produces a magnetic field that passes unimpeded through the scalp and bone, resulting in electrical stimulation of the cortex. TMS was initially used to investigate nerve conduction; for example, TMS over the motor cortex will produce a contralateral muscular-evoked potential. The motor threshold, which is the minimum intensity of stimulation required to induce a motor response, is empirically determined for each individual by localizing the site on the scalp for optimal stimulation of a hand muscle, then gradually increasing the intensity of stimulation. The stimulation site for treatment is usually 5 cm anterior to the motor stimulation site.

## COVERAGE

Benefits may vary between groups and contracts. Please refer to the appropriate Evidence of Coverage, Subscriber Agreement for applicable behavioral health benefits/coverage.

## CODING

The following codes are covered for all BlueCHiP for Medicare and Commercial products when medically necessary:

**90867** Therapeutic repetitive transcranial magnetic stimulation treatment planning

**90868** Therapeutic repetitive transcranial magnetic stimulation treatment delivery and management, per session

**90869** Therapeutic repetitive transcranial magnetic stimulation (TMS) treatment; subsequent motor threshold re-determination with delivery and management

## RELATED POLICIES

None

## PUBLISHED

Provider Update, November/December 2018

Provider Update, July 2018

Provider Update, July 2017

Provider Update, January 2017

Provider Update, February 2016

Provider Update, July 2014

Provider Update, August 2013

Provider Update, July 2012

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