

## Medical Coverage Policy | Phototherapy for the Treatment of Seasonal Affective Disorder



**EFFECTIVE DATE:** 02|08|2008

**POLICY LAST UPDATED:** 04|02|2020

### OVERVIEW

Seasonal affective disorder (SAD) is defined as a history of major depressive episodes that recur regularly at a particular time of year, typically winter. SAD is associated with decreases in ambient light exposure during the winter season; therefore, phototherapy, delivered by a light box or light visor, has been used as a treatment. Most commonly, white light is used at an intensity equaling that of a bright summer day—2,500 lux or higher.

### MEDICAL CRITERIA

Not applicable

### PRIOR AUTHORIZATION

Prior authorization review is not required.

### POLICY STATEMENT

#### BlueCHiP for Medicare

Phototherapy for the treatment of seasonal affective or other depressive disorders is a non-covered service.

#### Commercial

Phototherapy for the treatment of seasonal affective or other depressive disorders may be considered medically necessary

Note: Phototherapy, for the purposes of this policy, is defined as the delivery of supplemental bright white light by a light box. Phototherapy lights require a physician's order and must be supplied by a DME provider. Members are not eligible for reimbursement for phototherapy lights purchased elsewhere (e.g., internet, or local merchant).

### COVERAGE

Benefits may vary between groups and contracts. Please refer to the appropriate Benefit Booklet, Evidence of Coverage or Subscriber Agreement for applicable durable medical equipment benefits/coverage.

### BACKGROUND

Commercial light boxes are now available for treatment of SAD and other depressive disorders. The patient is typically instructed to remain a specified distance from the light box for a certain length of time, usually from 30 minutes to several hours. Phototherapy is given for a period of days to weeks, until a satisfactory antidepressive response is attained. The treatment can be repeated in the case of relapse following initial treatment. A portable light delivery device in the form of a light visor has also been developed to deliver an identical intensity of supplemental light for the same time period, allowing the patient to move around and perform normal activity during the treatment period. Another variant provides extraocular light via a pad that could be affixed to the bend of the knee, with the intent to correct disruptions in circadian rhythms.

Currently, no phototherapy device has final market approval from the U.S. Food and Drug Administration (FDA) for the treatment of SAD or other depressive disorders. While light boxes or light visors cannot be marketed directly for the treatment for SAD or promoted for other health benefits, these devices are commercially available

## **CODING**

### **BlueCHiP for Medicare**

#### **The following codes are not covered**

**E0203** Therapeutic lightbox, minimum 10,000 lux, table top model

**A4634** Replacement bulb for therapeutic light box, table top model

### **Commercial**

#### **The following codes are medically necessary**

**E0203** Therapeutic lightbox, minimum 10,000 lux, table top model

**A4634** Replacement bulb for therapeutic light box, table top model

## **RELATED POLICIES**

None

## **PUBLISHED**

Provider Update, June 2020

Provider Update, January 2020

Provider Update, October 2018

Provider Update, July 2017

Provider Update Dec 2015

## **REFERENCES:**

1. Golden RN, Gaynes BN, Ekstrom RD et al. The efficacy of light therapy in the treatment of mood disorders: a review and meta-analysis of the evidence. *Am J Psychiatry* 2005; 162(4):656-62.
2. Nordin Health Care Solutions DME Jurisdiction  
A:<https://med.noridianmedicare.com/web/jadme/search-result/-/view/2230703/noncovered-items>  
accessed 3/11/2020.

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