



**EFFECTIVE DATE:** 01|01|2001

**POLICY LAST UPDATED:** 08|16|2023

## OVERVIEW

Biofeedback is a technique to teach patients self-regulation of physiologic processes not generally considered to be under voluntary control; a variety of approaches and devices are available. Biofeedback, in conjunction with pelvic floor muscle training, is proposed as a treatment of urinary incontinence.

## MEDICAL CRITERIA

### Medicare Advantage Plans

Biofeedback is covered as medically necessary:

- For the treatment of stress and/or urge incontinence when there is evidence that the pelvic floor musculature is intact, and any of the following:
  - Muscle re-education of specific muscle groups;
  - Treatment of pathological muscle abnormalities of spasticity, incapacitating muscle spasm, or weakness, and more conventional treatments (heat, cold, massage, exercise, support) have been unsuccessful;
  - Treatment of stress and/or urge incontinence in cognitively intact patients who failed a documented trial of pelvic muscle exercise (PME) training. (A failed trial of PME training is defined as no clinically significant improvement in urinary continence after completing 4 or more weeks of an ordered plan of PME designed to increase periurethral muscle strength). Medicare will allow biofeedback as an initial incontinence treatment modality only when, in the opinion of the physician, that approach is most appropriate and there is documentation of medical justification and rationale for why a PME trial was not attempted first.

### Commercial Products

Not applicable

## PRIOR AUTHORIZATION

### Medicare Advantage Plans

Prior authorization is required.

### Commercial Products

Not applicable

## POLICY STATEMENT

### Medicare Advantage Plans

Biofeedback is a covered service when the above medical criteria are met.

Biofeedback is considered not medically necessary in the treatment of ordinary muscle tension states, or for psychosomatic conditions, for home use, and for all other conditions not listed above.

### Commercial Products

Biofeedback is a contract exclusion/non-covered service.

## COVERAGE

Benefits may vary between groups/contracts. Please refer to the appropriate Benefit Booklet, Evidence of Coverage, or Subscriber Agreement for applicable medical benefits/coverage or for limitations of benefits/coverage when services are not medically necessary.

## BACKGROUND

Biofeedback is intended to teach patients self-regulation of certain physiologic processes not normally considered to be under voluntary control. The technique involves feedback on a variety of types of information not commonly available to the patient, followed by a concerted effort on the part of the patient to use this feedback to help alter the physiologic process in some specific way. Biofeedback has been proposed as a treatment for a variety of diseases and disorders, including anxiety, headaches, hypertension, movement disorders, incontinence, pain, asthma, Raynaud disease, and insomnia. Biofeedback training is done either in individual or group sessions and as a single therapy or in combination with other therapies designed to teach relaxation. A typical program consists of 10 to 20 training sessions of 30 minutes each. Training sessions are performed in a quiet, non-arousing environment. Subjects are instructed to use mental techniques to affect the physiologic variable monitored, and feedback is provided for the successful alteration of the physiologic parameter. This feedback may be in the form of signals, such as lights or tone, verbal praise, or other auditory or visual stimuli.

Biofeedback, in conjunction with pelvic floor muscle training, is a possible treatment modality for stress, urge, mixed, and overflow urinary incontinence because it may enhance awareness of body functions and the learning of exercises to train pelvic muscles. Several proposed biofeedback methods may be employed to treat urinary incontinence, including vaginal cones or weights, perineometers, and electromyographic systems with vaginal and rectal sensors.

The various forms of biofeedback mainly differ in the nature of the disease or disorder under treatment, the biologic variable that the subject attempts to control, and the information that is fed back to the subject. Biofeedback techniques include peripheral skin temperature feedback, blood-volume-pulse feedback (vasoconstriction and dilation), vasoconstriction training (temporalis artery), and electromyographic biofeedback; they may be used alone or in conjunction with other therapies (eg, relaxation, behavioral management, medication).

### Medicare Advantage Plans

Biofeedback therapy has proven successful for urinary incontinence when all three (3) of the following conditions exist:

- The patient is capable of participation in the plan of care;
- The patient is motivated to actively participate in the plan of care, including being responsive to the care requirements (e.g., practice and follow-through by self or caregiver); and
- The patient's condition is appropriately treated with biofeedback (e.g., pathology does not exist preventing success of treatment).

Patients not showing improvement after 5–6 visits of retraining with biofeedback are not likely to improve with additional sessions. Additional documentation would be necessary to justify biofeedback services beyond 5–6 visits.

## CODING

### Medicare Advantage Plans and Commercial Products

The following code(s) require preauthorization for Medicare Advantage Plans and are a contract exclusion for Commercial Products:

**90901** Biofeedback training by any modality

**90912** Biofeedback training, perineal muscles, anorectal or urethral sphincter, including electromyography

(EMG) and/or manometry, when performed; initial 15 minutes of one-on-one physician or other qualified health care professional contact with the patient

- 90913** Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry, when performed; each additional 15 minutes of one-on-one physician or other qualified health care professional contact with the patient (List separately in addition to code for primary procedure)

### Medicare Advantage Plans and Commercial Products

The following code(s) are non-covered:

- 90875** Individual psychophysiological therapy incorporating biofeedback training by any modality (face to face with the patient), with psychotherapy (e.g., insight-oriented behavior modifying, or supportive psychotherapy) approximately 20-30 minutes
- 90876** Individual psychophysiological therapy incorporating biofeedback training by any modality (face to face with the patient), with psychotherapy (e.g., insight-oriented behavior modifying, or supportive psychotherapy; approximately 45-60 minutes
- E0746** Electromyography (EMG), biofeedback device

### RELATED POLICIES

Prior Authorization via Web-Based Tool for Procedures

### PUBLISHED

Provider Update, October 2023  
Provider Update, April 2022  
Provider Update, May 2021  
Provider Update, May 2020  
Provider Update, October 2019

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3. National Government Services, Inc. Local Coverage Determination (LCD) for Outpatient Physical and Occupational Therapy Services (L33631)
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