OVERVIEW
The policy documents monitored rehabilitative exercise for patients with peripheral arterial disease has not been proven to be better than regular unmonitored exercise.

PRIOR AUTHORIZATION
Prior authorization review is not required.

POLICY STATEMENT
BlueCHiP for Medicare:
Unless these services are listed by our plan as a covered service, services are not medically necessary according to the standards of Original Medicare.

Commercial products:
Peripheral Arterial Disease (PAD) Rehabilitative exercise is considered not medically necessary as there is insufficient peer reviewed, scientifically controlled studies in the literature which demonstrate better outcomes of such programs over exercise without supervision.

MEDICAL CRITERIA
Not applicable.

BACKGROUND
Peripheral Arterial Disease (PAD) Rehabilitative exercise consists of a series of sessions, each session lasting 45-60 minutes. A motorized treadmill or a track is used to permit each patient to achieve symptom limited claudication. Sessions are supervised by an exercise physiologist or nurse. The supervising provider monitors the individual patient’s claudication threshold and other cardiovascular limitations for an adjustment of workload. During the supervised rehabilitative program, the development of new arrhythmias, symptoms that might suggest angina, or the continued inability of the patient to progress to an adequate level of exercise, may require physician review and examination of the patient.

COVERAGE
BlueCHiP for Medicare |
Benefits may vary between groups/contracts. Please refer to the appropriate Evidence of Coverage or Subscriber agreement for applicable not medically necessary services.

Commercial |

CODING
The following CPT code is not medically necessary for BlueCHiP for Medicare and Commercial products. 93668 Peripheral arterial disease (PAD) rehabilitation, per session
RELATED POLICIES
Not applicable.

PUBLISHED

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REFERENCES


Annals of Internal Medicine; 2006(January);144:10-20.