Subject: Acupuncture Policy

Effective Date: 1/06
Revision Date: 6/19
Review Date: 8/14

DESCRIPTION
The OSU Health Plan limits coverage of acupuncture to the treatment of neuromuscular conditions and/or diagnoses listed in this policy. A claim must have one of the approved diagnosis codes; otherwise, the claim will be denied. The health care provider administering this service must be a legally licensed acupuncturist or physician practicing within the scope of his/her license. The Acupuncturist must confirm that the patient has undergone a diagnostic examination by a physician or chiropractor within the last 6 months and that the examination relates to the condition for which the Acupuncturist is providing treatment. If the patient has not undergone such an examination, the Acupuncturist may treat the patient but must provide a written recommendation to the patient to undergo such a diagnostic exam and should keep a copy of the recommendation on file.

POLICY
OSU Health Plan may request treatment plans and progress notes for medical review. We reserve the right to review past records and claims submissions.

The OSU Health Plan considers acupuncture services medically necessary when all of the following criteria are met:
- The member has a condition or disorder that is covered in this policy; and
- The medical necessity for treatment is clearly documented.

Maintenance treatment, where the member’s symptoms are neither regressing nor improving, is considered not medically necessary. If no clinical benefit is appreciated after four weeks of acupuncture, then the treatment plan should be reevaluated. Further acupuncture treatment is not considered medically necessary if the member does not demonstrate meaningful improvement in symptoms.

Acupuncture should be provided in accordance with an ongoing, written plan of care. The purpose of the written plan of care is to assist in determining medical necessity and should include the following: The written plan of care should be sufficient to determine the medical necessity of treatment, including:

I. The diagnosis along with the date of onset or exacerbation of the disorder/diagnosis;
   a. A reasonable estimate of when the goals will be reached;
   b. Long-term and short-term goals that are specific, quantitative and objective;
   c. Acupuncture evaluation;
   d. The frequency and duration of treatment; and
   e. The acupuncture protocol to be used in treatment.
II. Signature of the patient’s attending physician and/or acupuncturist.

The plan of care should be ongoing, (i.e., updated as the member’s condition changes), and treatment should demonstrate reasonable expectation of improvement (as defined below):
1. Acupuncture services are considered medically necessary only if there is a reasonable expectation that acupuncture will achieve measurable improvement in the member's condition in a reasonable and predictable period of time.

2. The member should be reevaluated regularly, and there should be documentation of progress made toward the goals of acupuncture.

The treatment goals and subsequent documentation of treatment results should specifically demonstrate that acupuncture services are contributing to such improvement.

**PRIOR AUTHORIZATION**
Prior authorization is not required for acupuncture services. However, OSU Health Plan may request treatment plans and progress notes for medical review. We reserve the right to review past records and claims submissions.

**EVALUATION AND MANAGEMENT SERVICES**
A new patient evaluation and management (E&M) service is eligible for reimbursement in addition to the acupuncture service. Established patient E&M codes may only be used if the member's condition requires separately identifiable services. These services must be above and beyond the pre- and post-services associated with acupuncture treatment. The appropriate modifier (-25) must be used to indicate a separate condition is being addressed. Medical records to support the additional E&M service may be requested and the provider shall make these records available upon request. Any other services apart from an E&M service provided on the same day by the same provider will be included in the allowance for the acupuncture treatment and will not be billed separately. Note: Codes 97810 and 97813 will not be allowed when billed together for the same visit.

**BENEFIT/COVERAGE ISSUES**
Refer to The Ohio State University Faculty and Staff Health Plans Specific Plan Details Document.

**DIAGNOSES WHICH MAY SUPPORT MEDICAL NECESSITY**

**ICD-10 Codes covered if selection criteria are met:**
*Information in the [brackets] below has been added for clarification purposes.*
*Codes requiring a 7th character are represented by “+”*

<table>
<thead>
<tr>
<th>ICD-10 Code Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>G43.001 – G43.919</td>
<td>Migraine</td>
</tr>
<tr>
<td>G44.209</td>
<td>Tension headache</td>
</tr>
<tr>
<td>K08.9</td>
<td>Disorders of teeth and supporting structures, unspecified [postoperative dental pain]</td>
</tr>
<tr>
<td>M16.0 – M16.12</td>
<td>Primary osteoarthritis of hip</td>
</tr>
<tr>
<td>M16.2 – M16.7</td>
<td>Secondary osteoarthritis, hip</td>
</tr>
<tr>
<td>M16.9</td>
<td>Osteoarthritis of hip, unspecified</td>
</tr>
<tr>
<td>M17.0 – M17.12</td>
<td>Osteoarthritis of knee</td>
</tr>
<tr>
<td>M17.2 – M17.5</td>
<td>Secondary osteoarthritis, knee</td>
</tr>
<tr>
<td>M17.9</td>
<td>Osteoarthritis of knee, unspecified</td>
</tr>
<tr>
<td>M26.60 – M26.69</td>
<td>Temporomandibular joint disorders</td>
</tr>
<tr>
<td>M54.2</td>
<td>Cervicalgia</td>
</tr>
<tr>
<td>M54.5</td>
<td>Low back pain</td>
</tr>
<tr>
<td>O21.0 – O21.9</td>
<td>Excessive vomiting in pregnancy</td>
</tr>
<tr>
<td>R11.2</td>
<td>Nausea with vomiting [postoperative] [chemotherapy-induced]</td>
</tr>
<tr>
<td>R51</td>
<td>Headache</td>
</tr>
<tr>
<td>T45.1X5+</td>
<td>Adverse effect of antineoplastic and immunosuppressive drugs [chemotherapy-induced nausea and vomiting]</td>
</tr>
<tr>
<td>Z98.89</td>
<td>Other specified postprocedural status [dental, with pain]</td>
</tr>
</tbody>
</table>
RELATED CPT CODES

97810  Acupuncture, one or more needles; without electrical stimulation, initial 15 minutes of personal one on one contact with patient

97811  Acupuncture, one or more needles; without electrical stimulation, each additional 15 minutes of personal one on one contact with patient, with reinsertion of needle(s) (List separately in addition to code for primary procedure)

97813  Acupuncture, one or more needles; with electrical stimulation, initial 15 minutes of personal one on one contact with patient

97814  Acupuncture, one or more needles; with electrical stimulation, each additional 15 minutes of personal one on one contact with patient, with reinsertion of needle(s) (List separately in addition to code for primary procedure)

EXPERIMENTAL AND INVESTIGATIONAL

The OSU Health Plan considers acupuncture experimental and investigational for all other indications, including but not limited to any of the following conditions, because there is inadequate scientific research assessing the efficacy of acupuncture compared with placebo, sham acupuncture or other modalities of treatment in these conditions:

<table>
<thead>
<tr>
<th>Acne</th>
<th>Inflammatory bowel diseases (Crohn’s disease and ulcerative colitis)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute hordeolum (stye)</td>
<td>Insomnia (including cancer-related insomnia)</td>
</tr>
<tr>
<td>Acute low back pain</td>
<td>Intra-cerebral hemorrhage</td>
</tr>
<tr>
<td>Addiction</td>
<td>Irritable bowel syndrome</td>
</tr>
<tr>
<td>AIDS</td>
<td>Menopause-associated vasomotor symptoms</td>
</tr>
<tr>
<td>Allergies</td>
<td>Menopausal hot flashes</td>
</tr>
<tr>
<td>Alzheimer’s disease</td>
<td>Menstrual cramps/dysmenorrhea</td>
</tr>
<tr>
<td>Amblyopia</td>
<td>Multiple sclerosis</td>
</tr>
<tr>
<td>Asthma</td>
<td>Mumps</td>
</tr>
<tr>
<td>Attention deficit hyperactivity disorder (ADHD)</td>
<td>Myofascial pain</td>
</tr>
<tr>
<td>Autism spectrum disorders</td>
<td>Myopia</td>
</tr>
<tr>
<td>Bell’s palsy</td>
<td>Neck pain/cervical spondylosisNeuropathic Pain</td>
</tr>
<tr>
<td>Benign prostatic hyperplasia</td>
<td>Nocturnal enuresis</td>
</tr>
<tr>
<td>Breast cancer-related hot flashes</td>
<td>Obesity/weight reduction</td>
</tr>
<tr>
<td>Breast engorgement during lactation</td>
<td>Opiate withdrew</td>
</tr>
<tr>
<td>Burning mouth syndrome</td>
<td>Optic atrophy</td>
</tr>
<tr>
<td>Cancer-induced bone pain</td>
<td>Overactive bladder syndrome</td>
</tr>
<tr>
<td>Cancer-related dyspnea</td>
<td>Parkinson’s disease</td>
</tr>
<tr>
<td>Cancer-related fatigue</td>
<td>Parkinson’s disease-related fatigue</td>
</tr>
<tr>
<td>Carpal tunnel syndrome</td>
<td>Peptic ulcer</td>
</tr>
<tr>
<td>Cerebral palsy</td>
<td>Peripheral arterial disease (e.g., intermittent claudication)</td>
</tr>
<tr>
<td>Cervical vertigo</td>
<td>Phantom leg pain</td>
</tr>
<tr>
<td>Chemotherapy-induced leukopenia</td>
<td>Plantar fasciitis</td>
</tr>
<tr>
<td>Chemotherapy-induced neuropathic pain</td>
<td>Polycystic ovary syndrome</td>
</tr>
<tr>
<td>Chronic constipation</td>
<td>Post-herpetic neuralgia</td>
</tr>
<tr>
<td>Chronic fatigue syndrome</td>
<td>Postoperative ileus</td>
</tr>
<tr>
<td>Chronic kidney disease-related pain, fatigue, depression</td>
<td>Post-stroke shoulder pain</td>
</tr>
<tr>
<td>Chronic obstructive pulmonary disease (COPD)</td>
<td>Post-traumatic stress disorder (PTSD)</td>
</tr>
<tr>
<td>Chronic pain syndrome (e.g., RSD, facial pain)</td>
<td>Pruritus</td>
</tr>
<tr>
<td>Cognitive impairment</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Diabetic gastroparesis</td>
<td>Psychiatric disorders (e.g., anxiety, depression, and schizophrenia)</td>
</tr>
<tr>
<td>Diabetic peripheral neuropathy</td>
<td></td>
</tr>
<tr>
<td>Dry eyes</td>
<td></td>
</tr>
</tbody>
</table>
Dysmenorrhea
Endometriosis pain
Epilepsy
Erectile dysfunction
Facial spasm
Fetal breech presentation
Fibromyalgia
Fibrotic contractures
Gastroparesis
Glaucome
Heart failure
Herpes Zoster
Hyperemesis gravidarum
Hypertension
Hypoxic ischemic encephalopathy
Induction of labor
Infantile colic
Infantile diarrhea
Infertility (e.g., to assist oocyte retrieval and embryo transfer during IVF treatment cycle)
Raynaud’s disease pain
Respiratory disorders
Rheumatoid arthritis
Rhinitis
Sensorineural deafness
Shoulder pain (e.g., bursitis)
Sinusitis
Smoking cessation
Spasticity after stroke
Stroke rehabilitation (e.g., dysphagia)
Taste disturbances
Tennis elbow / epicondylitis
Tic disorders (e.g., Tourette syndrome)
Tinnitus
Trigeminal neuralgia
Urinary incontinence
Uterine fibroids
Vascular dementia
Xerostomia
Whiplash

REFERENCES


Cheong, Y.C., Dix, S., Hung Yu Ng, E., Ledger W.L., Farquhar, C. Acupuncture and assisted reproductive technology. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.: CD006920. DOI: 10.1002/14651858.CD006920.pub2


Ohio Revised Code 4762.10


