PROPOSED/DRAFT Local Coverage Determination (LCD): Cardiac Rehabilitation (DL32872)

[Proposed/Draft]

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Contractor Information

Contractor Name
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Contract Number 11501

Contract Type MAC - Part A

Proposed/Draft LCD Information

Document Information

[PROPOSED/DRAFT]

Source LCD ID

L32872

Proposed LCD ID DL32872

Proposed LCD Title Cardiac Rehabilitation

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CMS National Coverage Policy Title XVIII of the Social Security Act, §1862 (a)(1)(A) allows coverage and payment for only those services that are considered to be reasonable and necessary for the diagnosis or treatment of illness or injury or to improve the functioning of a malformed body member.

Title XVIII of the Social Security Act, §1862(a)(1)(D) items and services related to research and experimentation.

Title XVIII of the Social Security Act, §1862(a)(7) excludes routine physical examinations.

Title XVIII of the Social Security Act, §1833 (e) prohibits Medicare payment for any claim which lacks the necessary information to process the claim.

Title XVIII of the Social Security Act, §1861 (eee)(4)(A) describes intensive cardiac rehabilitation programs.

42 CFR §410.26 Services incident to a physisican's professional services

42 CFR §410.27 Therapeutic outpatient hospital or CAH services and supplies incident to a physician's or non-physician practitioner's service

42 CFR §410.32 (3)(i)(ii)and (iii) Levels of supervision

42 CFR §410.49 (c) Cardiac rehabilitation program and intensive cardiac rehabilitation program: conditions of coverage.

CMS Internet-Only Manual, Pub 100-02, Medicare Benefit Policy Manual, Chapter 15, §§60.1.B and 232

CMS Internet-Only Manual, Pub 100-03, Medicare National Coverage Determinations Manual, Chapter 1, Part 1, §20.10.1

CMS Internet-Only Manual, Pub. 100-03, Medicare National Coverage Determinations Manual, Chapter 1, Part 1, §§20.31, 20.31.1, 20.31.2

CMS Internet-Only Manual, Pub 100-04, Medicare Claims Processing Manual, Chapter 32, §§140-140.3

CMS Internet-Only Manual, Pub 100-08, Medicare Program Integrity Manual, Chapter 15, §15.4.2.8

CMS Manual System, Pub 100-03, Medicare National Coverage Determinations Manual, Transmittals 175 and 3084, dated October 3, 2014, Change Requests 8894

Coverage Guidance

Coverage Indications, Limitations, and/or Medical Necessity

Cardiac Rehabilitation (CR) means a comprehensive, physician-supervised program that furnishes physician prescribed exercise, cardiac risk factor modification, ... psychosocial assessment, and outcomes assessment, and other items/services as determined by the Secretary under certain conditions. The purpose of the program is to restore individual patients with certain cardiac conditions to active and productive lives as demonstrated in the outcomes assessment.

Intensive cardiac rehabilitation (ICR) refers to a physician-supervised program that furnishes cardiac rehabilitation services more frequently and often in a more rigorous manner.

The medical literature divides CR into three phases: Phase I is the immediate in-hospital, post-cardiac event phase; Phase II is the outpatient immediate post-hospitalization recuperation phase in the case of acute cardiac events such as myocardial infarction (MI) or cardiac surgery; and Phases III and IV are the long-term maintenance phases and are not payable under Medicare. This LCD encompasses Phase II CR. Phase II programs

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are typically initiated one to three weeks after hospital discharge in the case of acute cardiac events such as MI or cardiac surgery and consist of a series of medically supervised exercise sessions with Continuous Electrocardiograph Monitoring (CEM). Clinically optimal results are obtained if these sessions are conducted two to three times per week over a 12-18-week period, generally for a total of 36 sessions.

Phases of Cardiac Rehabilitation

- Phase I: Acute in-hospital phase of CR. This is included in the hospital care for the acute illness and is not included under the CR benefit.
- Phase II: For the purposes of this LCD, Phase II is divided into
 - Phase IIA and Phase IIB.
 - Phase IIA is the initial outpatient CR, consisting of 36 or fewer sessions, occurring up to two sessions per day.
 - Phase IIB consists of up to an additional 36 sessions and will only be allowed if determined medically necessary. Phase IIB benefits must meet additional medical necessity criteria. Specifically, there must be clear demonstration that the patient is benefiting from CR and that the exit criteria below from phase IIA have not yet been met. The maximum total of allowable sessions under Phase IIA and IIB is 72 (see Section D.)
- Phase III: CR programs that are self-directed or self-controlled/monitored exercise programs.
- Phase IV: CR programs or maintenance therapy that may be safely carried out without medical supervision.

NOTE: Phase III CR programs do not meet the supervisory requirements of the benefit and are not covered under Medicare.

Individualized treatment plan is a written plan tailored to each individual patient that includes all of the following:

- A description of the individual's diagnosis.
- The type, amount, frequency and duration of the items and services furnished under the plan.
- Must be established, reviewed and signed by a physician every 30 days.
- The goals set for the individual under the plan.

Intensive Cardiac Rehabilitation (ICR) services must include the comprehensive program components of a CR program. In addition ICR services must demonstrate that the program improves patients' cardiovascular disease through specific outcome measurements. See CMS National Coverage Policy section of this LCD.

CR and ICR are covered for the following patients:

- Patients who begin the program within 12 months of an acute Myocardial Infarction (MI);
- Patients who have had Coronary Artery Bypass Graft (CABG) surgery;
- Patients with current, stable angina pectoris;
- Patients who have had heart valve repair/replacement;
- Patients who have had Percutaneous Transluminal Coronary Angioplasty (PTCA) or coronary stenting;
- Patients who have had a heart or heart-lung transplant

For Cardiac Rehabilitation only: Stable, chronic heart failure defined as patients with left ventricular ejection fraction of 35% or less and New York Heart Association (NYHA) class II to IV symptoms despite being on optimal heart failure therapy for at least 6 weeks (Effective February 18, 2014). Stable patients are defined as patients who have not had recent (≤6 weeks) or planned (≤6 months) major

cardiovascular hospitalizations or procedures.

Nationally Covered and Non-Covered Indications for Intensive Cardiac Rehabilitation (ICR) Programs

"Effective for claims with dates of service on and after August 12, 2010, the Pritikin Program meets the intensive cardiac rehabilitation (ICR) program requirements set forth by Congress in §1861(eee)(4)(A) of the Social

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Security Act and in regulations at 42 CFR §410.49(c) and, as such, has been included on the list of approved ICR programs available" on the Centers for Medicare & Medicaid Services (CMS) website under Medicare-Medicare Approved Facilities/Trials/Registries- ICR Programs.

Effective for claims with dates of service on and after August 12, 2010, the Ornish Program for Reversing Heart Disease meets the Intensive Cardiac Rehabilitation (ICR) program requirements set forth by Congress in §1861(eee)(4)(A) of the Social Security Act, and in regulations at 42 CFR §410.49(c) and, as such, has been included on the list of approved ICR programs available" on the CMS website under Medicare-Medicare Approved Facilities/Trials/Registries- ICR Programs.

"Effective August 12, 2010, if a specific ICR program is not included on the list as a Medicare-approved ICR program, it is non-covered."

"Effective for claims with dates of service on and after May 6, 2014, the Benson-Henry Institute Cardiac Wellness Program meets the Intensive Cardiac Rehabilitation (ICR) program requirements set forth by Congress in §1861(eee)(4)(A) of the Social Security Act, and in regulations at 42 CFR §410.49(c) and, as such, has been included on the list of approved ICR programs available" on the CMS website under Medicare-Medicare Approved Facilities/Trials/Registries- ICR Programs.

"Effective May 6, 2014, if a specific ICR program is not included on the above-noted list as a Medicare approved ICR program, it is non-covered."

Limitations

ICR services **must** be provided in a program approved through the NCD process:

- ICR programs must be approved by CMS through the NCD process and must meet certain criteria for approval. A list of approved ICR programs will be identified through the NCD listings, the CMS Web site and the Federal Register. MACs shall use one of these options to verify that the ICR program has met CMS approval.
- For ICR programs that are approved by CMS, sites wishing to furnish ICR services via an approved ICR program must enroll with their local Medicare Administrative Contractor (MAC) as an ICR program supplier using the CMS-855B form.
- MACs will ensure that claims submitted from individual ICR sites are submitted by enrolled ICR program sites.

An intensive cardiac rehabilitation program must also demonstrate through peer-reviewed published research that it accomplished a statistically significant reduction in five or more of the following measures for patients from their levels before cardiac rehabilitation services to after cardiac rehabilitation services:

- Low density lipoprotein;
- Triglycerides;
- Body mass index;
- Systolic blood pressure;
- Diastolic blood pressure; and
- The need for cholesterol, blood pressure, and diabetes medications.

A. Facilities for Both CR and ICR

For CR programs provided in the outpatient department of a hospital, coverage is subject to the following conditions:

- The facility is a hospital outpatient department or a physician's office.
- The facility has available for immediate use all the necessary cardiopulmonary emergency diagnostic and therapeutic life-saving equipment accepted by the medical community as medically necessary, e.g., oxygen, cardiopulmonary resuscitation equipment or defibrillator.
- The program is staffed by personnel necessary to conduct the program safely and effectively and who are trained in both basic and advanced life support techniques and in exercise therapy for coronary disease.

Physician responsibility

There are two categories of responsibility that require a physician (MD or DO). One is that of medical director; the physician(s) with directorial responsibility for the CR or ICR program. The medical director in consultation with staff is involved in directing the progress of individuals in the program. This individual must possess all of the following: (1) expertise in the management of individuals with cardiac pathophysiology; (2) cardiopulmonary training in basic life support or advanced cardiac life support; and (3) a license to practice medicine in the state in which the CR or ICR program is offered. The other physician responsibility is that of supervising physician. This could be the same individual as the medical director, but that is not required. An identified supervising physician must also possess the same three specific characteristics listed for the medical director. The supervising physician must be immediately available at all times while cardiac rehabilitation services are being rendered. This does not require that a physician be physically present in the exercise room itself but **must be immediately available and accessible** at all times. It should also be noted that non-physician practitioners may not serve in the medical director role or supervisory role for Cardiac rehabilitation.

B. Diagnoses for Both CR and ICR

• For MI, the date of entry into the program must be within 12 months of the date of infarction.

C. Frequency and Duration for CR and ICR

Once a beneficiary begins CR, he may not switch to ICR, and once a beneficiary begins ICR, he may not switch to CR. Upon completion of a CR or ICR program, beneficiaries must experience another indication in order to be eligible for additional coverage for CR or ICR. Should a beneficiary experience more than one indication simultaneously, he may participate in a single series of CR or ICR sessions (e.g., a patient who had a myocardial infarction within 12 months and currently experiences stable angina is entitled to one series of CR sessions).

CR Program:

- The frequency and duration of the program is generally a total of 36 sessions over a maximum of 36 weeks.
 - ICR Program:
- The frequency and duration of the program are generally a total of 72 sessions over a maximum of 18 weeks (126 days).

D. Exit Criteria for Both CR and ICR

Outcome assessments should include:

- Minimally, assessments from the commencement and conclusion of CR/ICR, based on patient-centered outcomes, which must be measured by the physician immediately at the beginning and end of the program.
- Objective clinical measures of the effectiveness of the CR/ICR program for the individual patient, including exercise performance and self-reported measures of exertion and behavior.

Exit Criteria

Once a patient has reached the following, further CR may not be considered reasonable and necessary unless medical record documentation clearly indicates otherwise:

- Ischemic heart disease; Chronic Heart Failure: Patient's status following MI, CABG, PTCA or stent, and patients with angina undergoing stress testing without demonstrating significant ischemia or dysrhythmia after completion of six minutes of a Bruce protocol, or equivalent, achieving a stable level of exercise tolerance (7 METS). (See the American Heart Association's functional classification: Class I, or normal function status, begins at 7 metabolic equivalent units (METS).)
- Following valve repair/replacement: Patients achieving a stable level of exercise tolerance (7 METS).

Heart and heart-lung transplant patients: Issues such as deconditioning and cachexic deterioration may
complicate the definition of reasonable exit criteria. Based on the study of long term cardiopulmonary
exercise performed after heart transplant (Osada et al), a peak oxygen consumption (VO2) of greater than
90 percent of predicted will be used as the exit criterion for phase IIA. Patients whose peak VO2 is less
than 90 percent of predicted may qualify for phase IIB.

In addition to the exercise/physiologic criteria listed above, the patient should also be ready for transition as manifested by progress toward the cognitive and functional goals identified and addressed during the program.

E. Non-Covered Diagnoses for Both CR and ICR

- Use of any ICD-9-CM diagnosis code not in the "ICD-9-CM Codes That Support Medical Necessity" section
 of this LCD will be cause for denial of claims.
- A patient with unstable angina or a patient status post-non-cardiac surgery will not qualify for CR services.
- Acute congestive heart failure is not included as a covered condition of CR. (See CMS National Coverage Policy section of this LCD)

F. Other Services

- Evaluation and Management (E/M) services, Electrocardiograms (ECGs) and other diagnostic services may be covered on the day of CR if these services are separate and distinct from the CR program and are reasonable and necessary, but would not be covered if provided routinely as part of the CR program.
- Forms of counseling, such as dietary counseling, psychosocial intervention, lipid management and stress management, are components of the CR program and are not separately reimbursed.

Proposed/Draft Process Information

Associated Information

Documentation Requirements

Documentation supporting medical necessity should be legible, maintained in the patient's medical record and made available to the A/B MAC upon request.

ICD-9-CM diagnosis codes supporting medical necessity must be submitted with each claim. Claims submitted without such evidence will be denied as not medically necessary.

Any diagnosis submitted must have documentation in the patient's record to support coverage and medical necessity.

All CR providers must have documentation of the qualifying event in the patient's medical record. This information may include copies of the referring physician's records or reports. A prescription for CR from the referring physician must be maintained in the patient's medical record by the provider of the CR service.

When billing HCPCS/CPT codes 93798, G0422 or G0423, the documentation must clearly indicate the patient is receiving continuous ECG monitoring.

A CR record must be maintained. The CR record must show that the five required components of a CR or ICR as applicable including all of the following:

- Physician-prescribed exercise each day cardiac rehabilitation items and services are furnished. This does
 not mean a physician must write a prescription each day, but a physician must write a prescription for
 each day and each component of rehabilitation that is furnished. In addition there should be a record of
 the intervention. If ECG monitoring is provided, for example, a representative strip should be provided.
 There should be a description notation of the exercise provided.
- Cardiac risk factor modification is provided including education, counseling, and behavioral intervention, tailored to the patient's individual needs. The record should document the needs that are identified, the interventions planned to address them and the interventions undertaken.
- Psychosocial Assessment identifying what needs the patient has, the intervention planned to address the identified psychosocial issues and evidence of that intervention. If an assessment is done and no needs are identified, that circumstance should be documented in the patient's record.
- Outcomes assessment showing the results of each of the interventions identified and addressed above.
- An individualized treatment plan detailing how components are utilized for each patient must be present.
 The individualized treatment plan must be established, reviewed and signed by a physician every 30 days.
 Particular attention should be given to explaining the progress toward cognitive and functional goals as well as the physiologic exercise goals.
- The presence of a physician or physicians providing the roles of medical director and direct supervision are a condition for coverage of CR and ICR. These roles may be supplied by one or more individual(s) and it is not necessary for the medical director to provide the supervision. In the case of programs provided in hospitals, the role of supervision is presumed.
- The medical record should identify the medical director for the program and if a supervising physician is also involved, that physician should be identified as well.

Utilization Guidelines

Refer to "Coverage Indications, Limitations and/or Medical Necessity" Section C – "Frequency and Duration" above.

Notice: This LCD imposes utilization guideline limitations. Although Medicare allows up to these maximums, each patient's condition and response to treatment must medically warrant the number of services reported for payment. Medicare requires the medical necessity for each service reported to be clearly demonstrated in the patient's medical record. Medicare expects that patients will not routinely require the maximum allowable number of services.

Notice: This LCD imposes diagnosis limitations that support diagnosis to procedure code automated denials. However, services performed for any given diagnosis must meet all of the indications and limitations stated in this policy, the general requirements for medical necessity as stated in CMS payment policy manuals, any and all existing CMS national coverage determinations, and all Medicare payment rules.

For services to be covered under Medicare, a service shall be reasonable and necessary. When appropriate, contractors shall describe the circumstances under which the proposed LCD for the service is considered reasonable and necessary. Contractors shall consider a service to be reasonable and necessary if the contractor determines that the service is:

Safe and effective.

- Not experimental or investigational (exception: routine costs of qualifying clinical trial services with dates
 of service on or after September 19, 2000, that meet the requirements of the Clinical Trials NCD, are
 considered reasonable and necessary).
- Appropriate, including the duration and frequency that is considered appropriate for the service, in terms
 of whether it is:
 - Furnished in accordance with accepted standards of medical practice for the diagnosis or treatment of the patient's condition or to improve the function of a malformed body member.
 - Furnished in a setting appropriate to the patient's medical needs and condition.
 - Ordered and furnished by qualified personnel.
 - One that meets, but does not exceed, the patient's medical needs.
 - At least as beneficial as an existing and available medically appropriate alternative.

Sources of Information and Basis for Decision

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New York Heart Association (NYHA) Functional Classification-Classes of Heart Failure. Accessed on 08/06/2014.

Open Meetings/Part B MAC Contractor Advisory Committee (CAC) Meetings

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Meeting Date Meeting Type Meeting State(s) Meeting Information 11/10/2014 Open Meeting South Carolina Columbia, SC North Carolina Greensboro, NC 11/13/2014 Open Meeting West Virginia Charleston, WV 11/18/2014 Open Meeting 11/20/2014 Open Meeting Virginia Sandston, VA

Meeting Date Meeting Type 11/10/2014 Carrier Advisory Committee (CAC) Meeting 11/13/2014 Carrier Advisory Committee (CAC) Meeting 11/18/2014 Carrier Advisory Committee (CAC) Meeting 11/20/2014 Carrier Advisory Committee (CAC) Meeting

Comment Period Start Date 11/10/2014

Comment Period End Date 12/25/2014

Released to Final LCD Date 01/14/2015

Reason for Proposed LCD

NCD Supplementation

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Meeting State(s) Meeting Information

- South Carolina Columbia, SC
- North Carolina Greensboro, NC
- West Virginia Charleston, WV
- Virginia Sandston, VA

Coding Information

[PROPOSED/DRAFT]

Bill Type Codes:

Contractors may specify Bill Types to help providers identify those Bill Types typically used to report this service. Absence of a Bill Type does not guarantee that the policy does not apply to that Bill Type. Complete absence of all Bill Types indicates that coverage is not influenced by Bill Type and the policy should be assumed to apply equally to all claims.

013x Hospital Outpatient 085x Critical Access Hospital

Revenue Codes:

Contractors may specify Revenue Codes to help providers identify those Revenue Codes typically used to report this service. In most instances Revenue Codes are purely advisory; unless specified in the policy services reported under other Revenue Codes are equally subject to this coverage determination. Complete absence of all Revenue Codes indicates that coverage is not influenced by Revenue Code and the policy should be assumed to apply equally to all Revenue Codes.

Note: Palmetto GBA J11 Part A MAC has identified the Bill Types and Revenue Codes applicable for use with the CPT/HCPCS codes included in this LCD. Providers are reminded that not all CPT/HCPCS codes listed can be billed with all Bill Type and/or Revenue Codes listed. CPT/HCPCS codes are required to be billed with specific Bill Type and Revenue Codes.

0943 Other Therapeutic Services - Cardiac Rehabilitation

096X Professional Fees - General Classification

0973 Professional Fees - Radiology - Therapeutic

0982 Professional Fees - Outpatient Services

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CPT/HCPCS Codes

Group 1 Paragraph: N/A

Group 1 Codes:

93797 Cardiac rehab

93798 Cardiac rehab/monitor

G0422 Intens cardiac rehab w/exerc

G0423 Intens cardiac rehab no exer

ICD-9 Codes that Support Medical Necessity

Group 1 Paragraph: The CPT/HCPCS codes included in this LCD will be subjected to "procedure to diagnosis" editing. The following lists include only those diagnoses for which the identified CPT/HCPCS procedures are covered. If a covered diagnosis is not on the claim, the edit will automatically deny the service as not medically necessary.

Claims for services provided on or after 2/18/2014 for chronic congestive heart failure will be processed when submitted on or after 8/18/2014.

Medicare is establishing the following limited coverage for CPT/HCPCS codes 93797, 93798, G0422 and G0423:

Group 1 Codes:

- 410.02 ACUTE MYOCARDIAL INFARCTION OF ANTEROLATERAL WALL SUBSEQUENT EPISODE OF CARE
- 410.12 ACUTE MYOCARDIAL INFARCTION OF OTHER ANTERIOR WALL SUBSEQUENT EPISODE OF CARE
- 410.22 ACUTE MYOCARDIAL INFARCTION OF INFEROLATERAL WALL SUBSEQUENT EPISODE OF CARE
- 410.32 ACUTE MYOCARDIAL INFARCTION OF INFEROPOSTERIOR WALL SUBSEQUENT EPISODE OF CARE
- 410.42 ACUTE MYOCARDIAL INFARCTION OF OTHER INFERIOR WALL SUBSEQUENT EPISODE OF CARE
- 410.52 ACUTE MYOCARDIAL INFARCTION OF OTHER LATERAL WALL SUBSEQUENT EPISODE OF CARE
- 410.62 TRUE POSTERIOR WALL INFARCTION SUBSEQUENT EPISODE OF CARE
- 410.72 SUBENDOCARDIAL INFARCTION SUBSEQUENT EPISODE OF CARE
- 410.82 ACUTE MYOCARDIAL INFARCTION OF OTHER SPECIFIED SITES SUBSEQUENT EPISODE OF CARE
- 410.92 ACUTE MYOCARDIAL INFARCTION OF UNSPECIFIED SITE SUBSEQUENT EPISODE OF CARE
- 412* OLD MYOCARDIAL INFARCTION
- 413.0 ANGINA DECUBITUS
- 413.1 PRINZMETAL ANGINA
- 413.9 OTHER AND UNSPECIFIED ANGINA PECTORIS
- 414.01 CORONARY ATHEROSCLEROSIS OF NATIVE CORONARY ARTERY
- 414.02 CORONARY ATHEROSCLEROSIS OF AUTOLOGOUS VEIN BYPASS GRAFT
- 414.03 CORONARY ATHEROSCLEROSIS OF NONAUTOLOGOUS BIOLOGICAL BYPASS GRAFT
- 414.04 CORONARY ATHEROSCLEROSIS OF ARTERY BYPASS GRAFT
- 414.05 CORONARY ATHEROSCLEROSIS OF UNSPECIFIED BYPASS GRAFT
- 414.06 CORONARY ATHEROSCLEROSIS OF NATIVE CORONARY ARTERY OF TRANSPLANTED HEART
- 414.07 CORONARY ATHEROSCLEROSIS OF BYPASS GRAFT (ARTERY) (VEIN) OF TRANSPLANTED HEART
- 414.8 OTHER SPECIFIED FORMS OF CHRONIC ISCHEMIC HEART DISEASE
- 428.22 CHRONIC SYSTOLIC HEART FAILURE
- 428.32 CHRONIC DIASTOLIC HEART FAILURE
- 428.42 CHRONIC COMBINED SYSTOLIC AND DIASTOLIC HEART FAILURE
- V15.1 PERSONAL HISTORY OF SURGERY TO HEART AND GREAT VESSELS PRESENTING HAZARDS TO HEALTH
- V42.1 HEART REPLACED BY TRANSPLANT
- V42.2 HEART VALVE REPLACED BY TRANSPLANT
- V42.89* OTHER SPECIFIED ORGAN OR TISSUE REPLACED BY TRANSPLANT
- V43.3 HEART VALVE REPLACED BY OTHER MEANS
- V45.81 POSTSURGICAL AORTOCORONARY BYPASS STATUS
- V45.82 PERCUTANEOUS TRANSLUMINAL CORONARY ANGIOPLASTY STATUS

Group 1 Medical Necessity ICD-9 Codes Asterisk Explanation: *Group 1: Asterisk

Note: ICD-9-CM code 412* (old myocardial infarction) refers to an MI that has occurred more than eight weeks prior to cardiac rehabilitation services.

Note: Use V42.89* for heart-lung transplant.

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Associated Documents

Attachments N/A

Related Local Coverage Documents Article(s) <u>A53372 - Frequency and Duration for Cardiac Rehabilitation and</u> Intensive Cardiac Rehabilitation Supplemental Instruction Article opens in new window

Related National Coverage Documents N/A Back to Top

Keywords

Cardiac Rehabilitation

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