Prior Authorization Review Panel
MCO Policy Submission

A separate copy of this form must accompany each policy submitted for review. Policies submitted without this form will not be considered for review.

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<th>Plan: Aetna Better Health</th>
<th>Submission Date: 05/01/2018</th>
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<tr>
<td>Policy Number: 0169</td>
<td>Effective Date:</td>
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<td>Revision Date:</td>
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<td>Policy Name: Outpatient Medical Self-Care Programs</td>
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Type of Submission – Check all that apply:
- ☒ New Policy*
- ☐ Revised Policy
- ☐ Annual Review – No Revisions

*All revisions to the policy must be highlighted using track changes throughout the document. Please provide any clarifying information for the policy below:

**CPB 0169 Outpatient Medical Self-Care Programs**

Policy is new to Aetna Better Health of Pennsylvania.

| Name of Authorized Individual (Please type or print): | Signature of Authorized Individual: |
Clinical Policy Bulletin: 
Outpatient Medical Self-Care Programs

Number: 0169

Policy

*Please see amendment for Pennsylvania Medicaid at the end of this CPB.*

Aetna considers the following outpatient medical self-care programs medically necessary (subject to applicable plan coverage definitions and limitations; please check benefit plan descriptions for details):

- Back school for members with chronic back pain who meet criteria in **CPB 0232 - Back Pain - Non Invasive Treatments**;
- Cardiac rehabilitation for members with cardiac disease who meet criteria in **CPB 0021 - Cardiac Rehabilitation**;
- Diabetes education programs for members with diabetes who meet criteria in **CPB 0070 - Diabetes Tests, Programs and Supplies**;
- Pulmonary rehabilitation for members with chronic pulmonary diseases who meet criteria in **CPB 0032 - Pulmonary Rehabilitation**.

Note on Recognized Programs:

Consideration of coverage will be extended to other medically necessary self-care programs (subject to plan coverage definitions and limitations; please check benefit plan descriptions) when:

- The program consists of services provided by recognized health care professionals (e.g., doctors, registered nurses, social workers, physical therapists, dietitiansFootnotes**, respiratory therapistsFootnotes**, etc.); and
- The program is coordinated with Aetna's Patient Management Department (in Aetna network plans); and
- The program is designed to educate the member about specific conditions and lifestyle changes necessary as a result of the medical condition; and
- The program is directed and supervised by a physician; and
- The program is prescribed by the attending physician for a member with a medical condition amenable to self-care (e.g., diabetes, chronic back pain, chronic pulmonary disease or cardiac disease).

Frequency and Duration:

The medically necessary frequency and duration of self-care programs varies depending on the goals and objectives of the program.

Aetna considers participation in a self-care program for a particular illness medically necessary once
Outpatient Medical Self-Care Programs

per lifetime unless an additional episode of illness requires another self-care program (e.g., second heart attack).

**Note on Non-Covered Programs:**

Coverage is not extended for self-care programs that:

- Are available to the general public without charge; or
- Are general health or lifestyle education programs -- not related to the member's diagnosis or condition; or
- Consist of services not generally accepted as necessary and appropriate for management of the disease or injury.

**Footnotes**

**Note on Services Provided by Dietitians and Respiratory Therapists:**

Self-care programs offering services provided by dietitians and respiratory therapists may be covered when required by law or when all of the following criteria are met:

- The charges are billed by their doctor or hospital employer; and
- The services are covered under the policy; and
- They are employed by and working under the supervision of a hospital or recognized health care facility, a home health care agency or a qualified doctor; and
- They are licensed, certified or qualified by professional credentials or degree to provide the services.

**Note on Work Hardening Programs**

(see CPB 0198 - Work Hardening Programs):

Work hardening programs are not considered covered outpatient self-care programs under Aetna medical plans. The primary goal of these programs is return to work, not treatment of a disease or injury. Their purpose is training the individual to work with their current limitations and to be able to function with maximum productivity in their job. This is a form of vocational rehabilitation rather than a covered outpatient self-care program.

See also CPB 0342 - Intestinal Rehabilitation Programs.

**Background**

Outpatient medical self-care programs refer to programs that focus on self-care activities for management of disease. Self-care programs follow evidence based guidelines, and may refer to diet, exercise, administration of medications, monitoring disease, avoiding activities that exacerbate disease, and obtaining recommended follow-up medical care. Another important part of self-care is being able to recognize the need for medical care.

**The above policy is based on the following references:**


Outpatient Medical Self-Care Programs

1. (AHCPR); October 1995.
AETNA BETTER HEALTH® OF PENNSYLVANIA

Amendment to
Aetna Clinical Policy Bulletin Number: 0169 Outpatient Medical Self-Care Programs

There are no amendments for Medicaid.