**Medica Coverage Policy**

**Policy Name:** Long Term Ambulatory Cardiac Rhythm Monitors (Zio® Patch)  
**Current Policy Effective Date:** 10/15/14

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**Important Information – Please Read Before Using This Policy**

These services may or may not be covered by all Medica plans. Please refer to the member’s plan document for specific coverage information. If there is a difference between this general information and the member’s plan document, the member’s plan document will be used to determine coverage. With respect to Medicare, Medicaid and MinnesotaCare members, this policy will apply unless these programs require different coverage. Members may contact Medica Customer Service at the phone number listed on their member identification card to discuss their benefits more specifically. Providers with questions about this Medica coverage policy may call the Medica Provider Service Center toll-free at 1-800-458-5512.

Medica coverage policies are not medical advice. Members should consult with appropriate health care providers to obtain needed medical advice, care and treatment.

**Coverage Policy**

Long term ambulatory cardiac rhythm monitors for diagnosing cardiac arrhythmias are COVERED.

Note: See also related Medica Utilization Management policy: *Real-Time Mobile Cardiac Outpatient Telemetry (RT-MCOT).*

**Description**

An arrhythmia is any disorder of the heart’s rate or rhythm (e.g., beating too quickly, too slowly, or irregularly). Associated symptoms include lightheadedness, dizziness, chest pain, shortness of breath, paleness, and/or sweating. Ambulatory cardiac monitoring is commonly used in patients with medical symptoms that may indicate a heart problem such as arrhythmia. An ambulatory electrocardiogram (ECG) records the heart’s electrical activity while and individual performs his/her usual daily activities. Many heart problems become noticeable only during activity, as many people experience intermittent, irregularly-spaced arrhythmias. The significance of an arrhythmia depends on the type of pattern produced, the frequency and/or duration, and whether it occurs when symptoms are present.

A recent device for long term ambulatory cardiac monitoring, the Zio® XT-Patch (iRhythm Technologies), utilizes a small, lightweight, water-resistant patch that is placed in the left pectoral region and is designed to store up to 14 days of continuous single-lead electrocardiographic data. A button on the patch can be pressed by the individual to mark a symptomatic episode. The complete iRhythm ZIO Service includes the ZIO XT-Patch, proprietary algorithms and analyzer, and the ZIO Report. At the end of the recording period, the device is mailed to iRhythm for processing and analysis using the proprietary algorithm. The ordering physician receives a full report within a few days.

In addition, the Zio® Event Card is available as a single-use, disposable, looping ECG monitor that may be worn up to 30 days. When symptoms occur, the individual depresses a button and the device records 45 seconds of data. The device can store up to two events. After monitoring is completed, the recorder is mailed to iRhythm for analysis and reporting to the ordering physician. Data may also be transmitted by phone.

**FDA Approval**

1. The Zio® XT-Patch, single-use, continuously recording cardiac monitor (iRhythm Technologies) received initial FDA approval in May 2009 under the name Zio® Patch.
2. The Zio® Event Card (iRhythm Technologies) received initial FDA approval in June 2008.
Prior Authorization
Prior authorization is not required.

Coding Considerations
Use the current applicable CPT/HCPCS code(s). The following codes are included below for informational purposes only, and are subject to change without notice. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement.

CPT Codes:
- 0295T - External electrocardiographic recording for more than 48 hours up to 21 days by continuous rhythm recording and storage; includes recording, scanning analysis with report, review and interpretation
- 0296T - External electrocardiographic recording for more than 48 hours up to 21 days by continuous rhythm recording and storage; recording (includes connection and initial recording)
- 0297T - External electrocardiographic recording for more than 48 hours up to 21 days by continuous rhythm recording and storage; scanning analysis with report
- 0298T - External electrocardiographic recording for more than 48 hours up to 21 days by continuous rhythm recording and storage; review and interpretation

Original Effective Date: 4/1/2013

Re-Review Date(s): 10/15/2014

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