Medica Coverage Policy

Policy Name: Long Term Ambulatory Cardiac Rhythm Monitors
Effective Date: 4/23/2018

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 and Minnesota Health Care Programs, this policy will apply unless those 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 an 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.

One recent device for long term ambulatory cardiac monitoring, the Zio® XT-Patch (iRhythm Technologies), utilizes a small, lightweight, water-resistant patch that is placed on 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.

Multiple other long term ambulatory cardiac rhythm monitors are available, including but not limited to, iRhythm Zio® Patch, CardioNet CardioKey Cardiac Event Recorder, and BodyGuardian System.
FDA Approval
Multiple long term ambulatory cardiac rhythm monitors have received FDA approval, including but not limited to:

- The Zio™ Event Card (iRhythm Technologies)
- The Zio® XT-Patch (iRhythm Technologies)
- The ZP model N100 (iRhythm Technologies)
- CardioNet CardioKey Cardiac Event Recorder (CardioNet, Inc.)
- The BodyGuardian Remote Monitoring System™ (Preventice®, Inc.)
- CardioPAL SAVI (PM410) (Medicomp, Inc.)

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, 3/21/2018