

UPMC Health Plan POLICY AND PROCEDURE MANUAL

POLICY NUMBER: PAY.059
REVISION DATE: 04/09
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SUBJECT: Lifestyle Modification Program for Reversing Heart Disease
INDEX TITLE: Medical Management
ORIGINAL DATE: June 2008

This policy applies to the following lines of business: (Check those that apply.)

Commercial:			
HMO ()	POS ()	PPO ()	OOA/DOC ()
Fully Insured ()	Self-funded/ASO ()	HSA ()	All (X)
Medicare Select ()	Medicare Supplement ()		
DPW-MA:			
Health Choices ()	Voluntary ()		All ()
CMS-MA:			
HMO (X)	PPO (X)	Specialty Needs Plan (X)	Part D () PFFS (X) All ()
PID-CHIP:			
Free ()	Sub ()		All ()

I. POLICY

It is the policy of UPMC Health Plan to recognize coverage for the Lifestyle Modification Program for Reversing Heart Disease, also known as the Dr. Dean Ornish Program for Reversing Heart Disease, as appropriate and consistent with good medical practice when performed for the indications listed in this policy. Coverage for this service is based upon medical necessity as detailed in this policy and according to the member's specific benefit plan.

II. DEFINITIONS

N/A

III. PURPOSE

The purpose of this policy is to define the appropriate indications for coverage of the Lifestyle Management Program for Reversing Heart Disease.

IV. SCOPE

This policy applies to various UPMC Health Plan departments as indicated by the Benefit and Reimbursement Committee. These include but are not limited to: Medical Management, Benefit Configuration and Claims Departments.

V. PROCEDURE

A. Medical Description/Background

Coronary artery disease (CAD) still ranks as the number one cause of death in the United States. While several of the risk factors for developing CAD are beyond our control, research has suggested that aggressive risk factor reduction of obesity, smoking, and elevated cholesterol and triglycerides may slow, stop or even reverse the progress of coronary artery disease. Lifestyle modification programs are increasingly becoming a new approach to the prevention or even reversal of CAD. These programs are offered as an alternative non-invasive, non-surgical treatment for heart disease and encompass diet, non smoking, exercise, group support and stress management techniques for psychological, emotional, and spiritual healing. This program allows patients to take a direct role in improving the quality of their lives.

The lifestyle modification program's objectives include:

- Reducing blockages in the coronary arteries
- Improving blood flow to the heart
- Reducing cardiac chest pain (angina)
- Reducing serum cholesterol levels
- Improving exercise capacity, sense of well being and quality of life

Classes for lifestyle modification for reversing heart disease are completed over the course of one year and are conducted by a professional team consisting of a medical director, registered dietitians, exercise physiologists, stress management specialists, cardiac nurse case managers and behavioral health clinicians. The team keeps in contact with the participant's primary care physician/specialist.

The program is divided into various stages:

- Stage 1 - occurs over a 12 to 13 week period with intensive comprehensive instruction in exercise, nutrition, health education and stress and mental health management
- Stage 2 – usually includes weekly three hour sessions that include group support, stress management, education and exercise
- Stage 3 – consists of monthly three hour sessions of group support, stress management and education
- Stage 4 – case management is provided on a monthly basis through-out this stage and focuses on adherence, medication utilization, ongoing education, etc.

B. Indications

The lifestyle modification program is offered for members whose personal physician certifies that the member meets the clinical eligibility requirements to participate in this program which includes **all** of the following:

- Members with documented CAD or significant cardiovascular risk factors defined as:
 1. Individuals considering coronary artery bypass graft (CABG) surgery or angioplasty who are seeking an option that may reduce the need for those procedures
 2. Individuals who previously had CABG or angioplasty procedures and want to minimize the chance of requiring them again
 3. Individuals who have a diagnosis of coronary artery disease/angina
 4. Individuals who have significant risk factors such as diabetes, hypertension, hypercholesterolemia and a strong family history of heart disease **AND**
- Members who are committed and motivated to complete the program and make the necessary lifestyle changes

C. Limitations: include **all** of the following:

- Program is limited to once in a lifetime benefit
- Member must be a non-smoker or have quit smoking at least three months prior
- Services must be provided by a designated UPMC Health Plan Lifestyle Modification Program provider
- Acute myocardial infarction within the 2 week period before enrollment
- Left main disease greater than 50% occlusion
- Three vessel disease with decreased ejection fraction
- Unstable angina
- CABG surgery within 4 weeks of enrollment (unless otherwise approved for participation by his/her physician)
- Previous angioplasty within 6 months of enrollment
- Hypotensive response to exercise (greater than 20 mm Hg drop in systolic pressure)
- History of exercise-induced ventricular tachycardia or third degree heart block without evidence of current stability
- Non-ischemic cardiomyopathy (Ejection fraction less than 40 percent), without evidence of significant CAD
- Class IV congestive heart failure
- History of malignant ventricular arrhythmia or use of automatic implantable defibrillator
- Residence beyond 90 minutes commuting time to the program site
- Significantly impaired cognitive function (for example, dementia)
- Potentially fatal co-morbidity (for example, metastatic cancer) and unlikely to survive 1 year after entrance into the program

D. Variations

N/A

F. References

1. Highmark, Medical Policy Bulletin M-69, *The Dean Ornish Program for Reversing Heart Disease*, Effective Date 12/01/2008
2. DeGregorio, N., *The Dean Ornish Program for Reversing Heart Disease*, 08/24/2006
3. Jefferson Regional Medical Center, Heart Care: Prevention, Screenings and Detection -*Dr. Dean Ornish Program for Reversing Heart Disease*, 2008
4. Aetna, Clinical Policy Bulletin 0267: *Ornish Cardiac Treatment Program*, 05/30/2008
5. Medicare Preventive Services, Medicare Lifestyle Modification Program Demonstration, Federal Register Notice, 01/05/2000 (Volume 65, Number 3, pages 495-498)

Disclaimer:

UPMC Health Plan medical payment and prior authorization policies do not constitute medical advice and are not intended to govern or otherwise influence the practice of medicine. The policies constitute only the reimbursement and coverage guidelines of UPMC Health Plan and its affiliated managed care entities. Coverage for services varies for individual members in accordance with the terms and conditions of applicable Certificates of Coverage, Summary Plan Descriptions, or contracts with governing regulatory agencies.

UPMC Health Plan reserves the right to review and update the medical payment and prior authorization guidelines in its sole discretion. Notice of such changes, if necessary, shall be provided in accordance with the terms and conditions of provider agreements and any applicable laws or regulations.

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