



Subject: Cardiac Rehabilitation*

Effective Date: April 1, 1999

Department(s): Utilization Management

Policy: Medically supervised cardiac rehabilitation is reimbursable under Plans administered by QualCare, Inc.

Objective: To assure proper and consistent reimbursement and to define circumstances under which cardiac rehabilitation is reimbursable.

Procedure: 1. A medically supervised cardiac rehabilitation program (**CPT 93798**) must be prescribed for an individual patient by a physician within 6 months of any of the following:

- a. Acute myocardial infarction
- b. Coronary artery bypass surgery
- c. Percutaneous coronary artery intervention
- d. Cardiac valvular surgery
- e. Cardiac transplantation/Heart-Lung transplantation
- f. Sudden, reversible cardiac death
- g. Great vessel or arrhythmia surgery
- h. Onset of NYHA Class III or Class IV congestive heart failure
- i. Stable angina pectoris which prevents optimal performance of activities of daily living

2. Intercurrent illness that prevents initiation of cardiac rehabilitation within the six-month interval described above may result in waiver of the six-month requirement, subject to review by the Medical Director.

3. Cardiac rehabilitation for one of these indications is reimbursable for up to 12 weeks at a frequency of up to 3 times per week for a total of up to 36 sessions
4. To be reimbursable, a cardiac rehabilitation program must include electrocardiographic monitoring as well as supervision by a physician.
5. After an initial course of cardiac rehabilitation, additional cardiac rehabilitation is considered medically necessary for any of the following:
 - Another documented myocardial infarction
 - Another cardiovascular surgery or angioplasty
 - New evidence of ischemia on an exercise test, including nuclear scan
 - New, clinically significant coronary artery lesions documented by cardiac catheterization

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*Consistent with Summary Plan Description (SPD). When there is discordance between this policy and the SPD, the provisions of the SPD prevail.