



INLAND EMPIRE HEALTH PLAN

IEHP UM Subcommittee Approved Authorization Guidelines
Complementary and Alternative Medicine or Holistic Therapies

Policy:

IEHP does not cover the following complementary or alternative medicine (CAM) consults or follow up visits for diagnostic testing methods, systems, therapies, or treatments because each is considered experimental and investigational. Currently, there is inadequate evidence in the peer-reviewed published medical literature of their effectiveness.

Items considers as Non-Covered because of their Investigational status: (There are many other services not listed that fall into the category of CAM or Holistic therapies. This is not an exhaustive list.)

Diagnostic testing methods	Whole medical systems	Biologically-based practices	Energy medicine	Manipulative and body-based methods
Applied Kinesiology	Homeopathy	Aromatherapy	Biofield Therapeutics	Colonic Irrigation, Colonic Lavage, Colonic Cleansing
Live Blood Cell Analysis	Macrobiotics	Megavitamin Therapy	Crystal Healing	Craniosacral Therapy
Chemical Hair Analysis	Naturopathy	Ozone Therapy	Cupping	Ear Candling
Micronutrient Panel Testing	Polarity Therapy	Cell Therapy Or Immunoaugmentive Therapy	Magnet Therapy	Inversion Therapy
Antioxidant Function Testing (E.G., Spectrox™)	Ayurveda	Hydrogen Peroxide, Intravenous	Meridian Therapy	Neural Therapy
Salivary Hormone Panels	Naprapathy	Hydrazine Sulfate	Therapeutic Touch	Visceral Massage

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A Public Entity

Medicare National Coverage Determination Manual:

30.8 - Cellular Therapy (Rev. 1, 10-03-03) CIM 35-5: Not Covered

Cellular Therapy involves the practice of injecting humans with foreign proteins like the placenta or lungs of unborn lambs. Cellular therapy is without scientific or statistical evidence to document its therapeutic efficacy and, in fact, is considered a potentially dangerous practice. Accordingly, Cellular Therapy is not considered reasonable and necessary within the meaning of §1862 (a) (1) of the Act.

30.5 - Transcendental Meditation (Rev. 1, 10-03-03) CIM 35-92: Not Covered

Transcendental Meditation (TM) is a skill that is claimed to produce a state of rest and relaxation when practiced effectively. After review of this issue, CMS has concluded that the evidence concerning the medical efficacy of TM is incomplete at best and does not demonstrate effectiveness, and that a professional level of skill is not required for the training of patients to engage in TM. Accordingly, neither TM nor the training of patients for its use are covered under the Medicare program.

30.4 - Electrosleep Therapy (Rev. 1, 10-03-03) CIM 35-18: Not Covered

Electrosleep Therapy consists of the application of short duration, low-amplitude pulses of direct current to the patient's brain via externally placed occipital electrodes. Until scientific assessment of this technique has been completed and its efficacy is established, no program payment may be made for electrosleep therapy.

Literature Review:

Multi-Therapy Technology Assessments:

The Institute for Clinical Systems Improvements (ICSI) (2012) stated the use of CAM therapies are being considered by parents for the treatment of children with attention deficit hyperactivity disorder, and these therapies (e.g., herbal, botanical and nutraceutical agents) can interact with psychotropic medications. Therefore, it is important that health care providers be aware of their use by patients. ICSI noted these interventions are not supported by evidence-based research.

The United States Department of Veterans Affairs (2011) conducted a technology assessment of CAM energy therapies. Sixteen randomized controlled trials, 20 qualitative systematic reviews, and meta-analyses met inclusion criteria. The studies included: reiki, qigong, tai chi, yoga, therapeutic touch, thought field therapy, healing touch, massage therapy, polarity therapy, distant healing, craniosacral therapy, oscillating-energy manual therapy, laying-on of hands, healing prayer, healing meditation, and chakra therapy. The authors concluded "the available evidence of the effectiveness of energy therapies represented in this review to heal a wide range of health conditions is, at best, inconclusive". The evidence was limited by inadequate sample sizes, insufficient description of the randomization methodology, and placebo controls; heterogeneous comparison groups, inadequate description of the intervention with respect to type, frequency and duration of treatment, variation in interventions, inadequate use of relevant or valid outcome measures, and variable experience of practitioners.

Regarding the use of herbal preparation in the management of chronic pain, ICSI (2011) stated, there is limited evidence of the efficacy of many of these agents and the use of those with known toxicities and significant drug interactions should be discouraged. Although, there is some

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reported data for some agents (e.g., devil's claw as an anti-inflammatory or analgesic agent, dimethylsulfoxide [DMSO] as an analgesic, feverfew for the treatment of migraine headaches, glucosamine and chondroitin as an anti-inflammatory, willow bark for the treatment of low back pain), the data is conflicting and/or inadequate.

Professional Societies:

American Academy of Pediatrics (AAP): The 2008 AAP Task Force on Complementary and Alternative Medicine, the Provisional Section on Complementary, Holistic, and Integrative Medicine (Kemper, et al., 2008) published guidance on the use of CAM in pediatrics. It concluded that pediatricians and clinicians caring for children should advise and counsel patients about relevant, safe, effective, and age-appropriate health therapies including CAM, and should inquire as to whether or not the patient is using any specific CAM therapies. Clinicians should partner with the parents to consider and evaluate all appropriate treatments and monitor the patient's response to treatments. They also stated that the physician should be knowledgeable about CAM therapies and evidence-based information.

AAP: In autism spectrum disorders (ASDs) management guidelines, the AAP (Myers, et al., 2007) stated that CAM therapies used to treat ASDs have included "immunoregulatory interventions (e.g., dietary restriction of food allergens, administration of immunoglobulin or antiviral agents), detoxification therapies (e.g., chelation), gastrointestinal treatments (e.g., digestive enzymes, antifungal agents, probiotics, "yeast-free diet," gluten/casein-free diet), and dietary supplement regimens (e.g., vitamin A, vitamin C, vitamin B-6, magnesium, folic acid, folinic acid, vitamin B-12, dimethylglycine, trimethylglycine, carnosine, omega-3 fatty acids, inositol, various minerals)," "auditory integration training, behavioral optometry, craniosacral manipulation, dolphin-assisted therapy, music therapy and facilitated communication". It was noted that CAM therapies have been inadequately evaluated because of "methodologic flaws, insufficient numbers of patients or lack of replication" and cannot be recommended. Appropriately designed trials have demonstrated no significant benefit from the use of dimethylglycine (an amino acid), vitamin B-6 and magnesium, auditory integration training, omega-3 fatty acids, and gluten/casein-free diet.

American College of Cardiology: In the 2009 focused update of the American College of Cardiology Foundation and the American Heart Association guidelines for management of heart failure (HF) in adults, the Associations stated that several nutritional supplements (e.g., coenzyme Q10, carnitine, taurine, and antioxidants) have been proposed for the treatment of HF but randomized controlled trials have not supported the benefits of routine vitamin or nutritional supplements. There are unresolved issues regarding the studies in relation to outcome analyses, adverse effects, and drug-nutraceutical interactions. "No clinical trials have demonstrated improved survival in uses of nutritional therapy." The benefits suggested from the use of coenzyme Q10 (i.e., reduced hospitalization rates, dyspnea, and edema in patients with HF) have not been seen uniformly. The guidelines concluded that "until more data are available, nutritional supplements are not recommended for the treatment of HF."

National Cancer Institute (NCI): NCI (2012) stated that "cancer patients using or considering complementary or alternative therapy should discuss this decision with their doctor or nurse, as

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they would any therapeutic approach. Some complementary and alternative therapies may interfere with standard treatment or may be harmful when used with conventional treatment. It is also a good idea to become informed about the therapy, including whether the results of scientific studies support the claims that are made for it.”

Aetna Clinical Policy Bulletin Number 0388

Aetna considers alternative medicine interventions medically necessary if they are supported by adequate evidence of safety and effectiveness in the peer-reviewed published medical literature. Aetna considers the following alternative medicine interventions experimental and investigational, because there is inadequate evidence in the peer-reviewed published medical literature of their effectiveness.

Active release technique	Anti-oxidant function testing (e.g., Spectrox™)	Actra-Rx
Apitherapy	AMMA therapy	Applied kinesiology
Aromatherapy	Antineoplastons	Alexander technique
Art therapy	Aura healing	Acupressure
Bioenergetic therapy	Biomagnetic therapy	Bioidentical hormones
Craniosacral therapy	Crystal healing	Ear Candling
Ozone therapy	Myotherapy	

Cigna Coverage Policy number 0086:

Cigna does not cover the following complementary or alternative medicine diagnostic testing methods, systems, therapies or treatments because each is considered experimental, investigational or unproven (these lists may not be all-inclusive):

Whole medical systems	Diagnostic testing methods	Energy medicine
<ul style="list-style-type: none">➤ Ayurveda➤ homeopathy➤ macrobiotics➤ naprapathy➤ naturopathy➤ polarity therapy	<ul style="list-style-type: none">➤ applied kinesiology (AK)➤ chemical hair analysis➤ Greek cancer cure test➤ iridology➤ live blood cell analysis➤ micronutrient panel testing➤ antioxidant function testing (e.g., Spectrox™)➤ Ream's Testing➤ salivary hormone panels	<ul style="list-style-type: none">➤ acupressure➤ biofield therapeutics➤ crystal healing➤ cupping➤ gemstone therapy➤ magnet therapy➤ meridian therapy➤ millimeter wave therapy➤ moxibustion therapy➤ Qigong Longevity➤ Reiki➤ therapeutic touch

Background:

Complementary and alternative medicine (CAM), also called unconventional, nonconventional, or nontraditional healthcare, is a group of diverse medical and healthcare systems, practices and products that are not typically considered to be part of traditional Healthcare in the United States.

- **Applied Kinesiology (AK):** AK is a form of diagnostic testing that uses muscle testing as a functional neurological evaluation.
- **Chemical Hair Analysis:** Chemical hair analysis is a test in which a person's hair is analyzed for mineral content.
- **Salivary Hormone Panels:** Salivary testing for various hormones in the form of hormone panels (i.e., testing several different hormone levels in one test at the same time) has been proposed for numerous indications including screening and monitoring of menopause, aging and various other conditions.
- **Ayurveda:** Ayurveda provides an integrated approach to preventing and treating illness through lifestyle, based upon the premise that all disease begins with an imbalance or stress in the individual's consciousness. Lifestyle interventions are a major Ayurvedic preventive and therapeutic approach and include diet and herbal remedies.
- **Macrobiotics:** Macrobiotics is the art and science of health and longevity through the study and understanding of the relation and interactions between oneself, foods, lifestyles and the environment.
- **Naprapathy:** Naprapathy or naprapathic medicine is a system that employs manual medicine (e.g., spinal manipulation), nutritional counseling and therapeutic modalities (e.g., heat, cold, ultrasound, and electrical stimulation) for the treatment of pain caused by connective tissue disorders.
- **Naturopathy:** Naturopathy is a system of healing that views disease as a manifestation of alterations in the processes by which the body naturally heals itself. It emphasizes health restoration as well as, disease treatment. The core modalities utilized include diet modification, nutritional supplements, herbal medicine, acupuncture, Chinese medicine, hydrotherapy, massage, joint manipulation, and lifestyle counseling.

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