Medical Policy

Biofeedback for Urinary Incontinence, Outpatient

Policy Number: OCA 3.969  
Version Number: 10  
Version Effective Date: 01/01/16

Product Applicability

☑ All Plan+ Products

- Well Sense Health Plan
  ☑ New Hampshire Medicaid
  ☑ NH Health Protection Program

- Boston Medical Center HealthNet Plan
  ☑ MassHealth
  ☑ Qualified Health Plans/ConnectorCare/Employer Choice Direct
  ☑ Senior Care Options ◊

Notes:

+ Disclaimer and audit information is located at the end of this document.
◊ The guidelines included in this Plan policy are applicable to members enrolled in Senior Care Options only if there are no criteria established for the specified service in a Centers for Medicare & Medicaid Services (CMS) national coverage determination (NCD) or local coverage determination (LCD) on the date of the prior authorization request. Review the member’s product-specific benefit documents at www.SeniorsGetMore.org to determine coverage guidelines for Senior Care Options.

Policy Summary

The Plan considers biofeedback for the treatment of stress and/or urge urinary incontinence to be medically necessary when medical criteria are met and the service is provided in an outpatient setting. The Plan considers biofeedback for all other indications to be experimental and investigational. Prior authorization is required.

It will be determined during the Plan’s prior authorization process if the service is considered experimental or investigational for the requested use. See Plan policy, Experimental and Investigational Treatment (policy number OCA 3.12), for the product-specific definitions of experimental or investigational treatment.

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Description of Item or Service

Biofeedback: A behavioral training program that is used to educate a person on the control of physiologic responses such as heart rate, blood pressure, skin temperature, and/or muscle tension. Biofeedback provides auditory, sensory, or visual information from physiological responses, enabling an individual to gain voluntary control over that response. Biofeedback is not a treatment, per se, but a tool to help patients learn how to perform pelvic muscle exercise (PME) training effectively. The goal of biofeedback is to reduce or eliminate urinary incontinence through learned control of physiological responses of the body. Biofeedback training for urinary incontinence is generally medically necessary for up to four (4) visits when Plan criteria are met, as specified below in the Medical Policy Statement section.

Medical Policy Statement

Biofeedback is considered medically necessary for the treatment of stress and/or urge urinary incontinence when provided in the outpatient setting if ALL of the following criteria are met and documented in the member’s medical record (including documentation of urodynamic test results, if performed), as specified below in item 1 and item 2:

1. The member has failed a documented trial of pelvic muscle exercise (PME) training, as defined below in items a through c:
   a. The trial was completed for a duration of at least four (4) weeks; AND
   b. The trial included an ordered plan of pelvic muscle exercises to increase periurethral muscle strength; AND
   c. There is no clinically significant improvement in urinary incontinence after the trial; AND

2. The member is cognitively intact.

Limitations

1. The Plan considers all other indications for biofeedback to be experimental or investigational.

2. Home use of biofeedback therapy is considered experimental or investigational.
Definitions

**Overactive Bladder:** Problem with bladder storage function that causes a sudden urge to urinate. The urge may be difficult to suppress, and overactive bladder can lead to the involuntary loss of urine (incontinence).

**Urgency/Frequency Syndrome:** A syndrome in adults characterized by frequent urination of at least seven (7) times per day that is associated with a strong desire to void (urgency).

**Urinary Incontinence:** The unintentional loss of urine and/or the inability to retain urine due to the loss of bladder control. The major types of urinary incontinence are listed below in items 1 through 5:

1. **Mixed Incontinence:** Urine loss caused by a combination of stress and urge incontinence and is most common in women.

2. **Overflow:** Urine loss that occurs when the amount of urine produced exceeds the bladder’s holding capacity; it can occur as a result of bladder obstruction or injury and in men as a result of an enlarged prostate.

3. **Stress Incontinence:** Urine loss caused by increased intra-abdominal pressure that occurs during exercise, coughing, laughing, sneezing, and in men who have had prostate surgery.

4. **Total:** Uncontrolled or continuous urinary leakage caused by neurological dysfunction, surgery, or anatomical defects.

5. **Urge Incontinence:** Urine loss caused by involuntary bladder contractions that occurs more often in adults.

**Urinary Retention:** A condition where the bladder overfills without causing the sensation of the need to urinate. Obstructive urinary retention is a condition due to an obstruction of the ureter, which may possibly be caused by kidney stones, fibroid tumors, or bladder neck obstruction from prostate hypertrophy. Non-obstructive urinary retention is caused by a lack of coordination between the bladder and detrusor sphincter mechanisms or a weak or non-existent bladder contraction.

**Urodynamic Testing:** A test or procedure that evaluates the effectiveness of the bladder, sphincters, and/or urethra at storing and releasing urine. Detrusor (bladder wall muscle) over-activity may predict decreased response to biofeedback. Currently, there are no other known clinically or urodynamically important predictors or mediators of biofeedback-assisted pelvic muscle training response.

**Applicable Coding**

Biofeedback for Urinary Incontinence, Outpatient

Problems, 10th revision (ICD-10) diagnosis codes developed by the World Health Organization and adapted in the United States by the National Center for Health Statistics (NCHS) of the Centers for Disease Control under the U.S. Department of Health and Human Services, and the Health Care Common Procedure Coding System (HCPCS) established and maintained by the Centers for Medicare & Medicaid Services (CMS). Because the AMA, NCHS, and CMS may update codes more frequently or at different intervals than Plan policy updates, the list of applicable codes included in this Plan policy is for informational purposes only, may not be all inclusive, and is subject to change without prior notification. Whether a code is listed in the Applicable Coding section of this Plan policy does not constitute or imply member coverage or provider reimbursement. Providers are responsible for reporting all services using the most up-to-date industry-standard procedure and diagnosis codes as published by the AMA, NCHS, and CMS at the time of the service.

Providers are responsible for obtaining prior authorization for the services specified in the Medical Policy Statement section and Limitation section of this Plan policy, even if an applicable code appropriately describing the service that is the subject of this Plan policy is not included in the Applicable Coding section of this Plan policy. Coverage for services is subject to benefit eligibility under the member’s benefit plan. Please refer to the member’s benefits document in effect at the time of the service to determine coverage or non-coverage as it applies to an individual member. See Plan reimbursement policies for Plan billing guidelines.

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<thead>
<tr>
<th>CPT Codes</th>
<th>Description: Codes Covered When Medically Necessary</th>
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<tbody>
<tr>
<td>90901</td>
<td>Biofeedback training by any modality</td>
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<tr>
<td>90911</td>
<td>Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry</td>
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<thead>
<tr>
<th>HCPCS Code</th>
<th>Description: Code Covered When Medically Necessary</th>
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<tbody>
<tr>
<td>E0746</td>
<td>Electromyography (EMG), biofeedback device</td>
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Clinical Background Information

Urinary incontinence, or the unintentional loss of urine, is a major problem in the United States that can negatively impact the quality of life, predominately in women and the elderly population. Incontinence has several causes; women are most likely to develop urinary incontinence either during pregnancy and childbirth, or after the hormonal changes of menopause due to weakened muscles of the pelvis. Older men can become incontinent as the result of prostate surgery. Other possible risk factors for the development of urinary incontinence include pelvic trauma, hysterectomy, recurrent urinary tract infections, spinal cord damage, advanced age, caffeine, and medications such as diuretics, sedatives, beta-blockers, over-the-counter cold remedies, and diet tablets.

Urinary incontinence is categorized as stress, urge, mixed, overflow, or total. A subtype of urge incontinence, called urge-frequency syndrome, is characterized by the need to void more than seven (7) times a day with uncontrollable urgency and without the loss of urine. Treatment options for urinary incontinence include behavioral strategies, Kegel exercises, physical therapy, collagen

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injections, pharmacological interventions, temporary electric stimulation, and reconstructive surgery. First-line treatment consists of the non-invasive therapies, followed by electrical stimulation before surgical intervention is considered. According to the American College of Obstetricians and Gynecologists (ACOG) Practice Guidelines, behavioral therapy, including bladder training and prompted voiding, improves symptoms of urge and mixed incontinence and can be recommended as a noninvasive treatment in many women.

One treatment option for urinary incontinence is biofeedback; biofeedback is used as a behavioral treatment for pelvic floor muscle re-education. The pelvic floor refers to the structure of connective tissues and muscles that close off the pelvic outlet and act as a "floor" to the abdominal pelvic cavity. The external sphincter of the urethra and the anal sphincter are in continuity with these muscles. Patients with incontinence are taught bladder-sphincter biofeedback methods along with pelvic floor exercises. Biofeedback-assisted pelvic muscle exercise (PME) incorporates the use of an electronic or mechanical device to relay visual and/or auditory evidence of pelvic floor muscle tone, in order to improve awareness of pelvic floor musculature and to assist patients in the performance of PME. These techniques record bladder, rectal sphincter, and abdominal pressures along with electrical activity. By watching the information as it is recorded the patient learns to relax the bladder and abdominal muscles and contract the pelvic floor muscles. Biofeedback enables the patient to improve pelvic muscle function through muscle awareness, which, when combined with a home exercise program, leads to increased muscle strength and improved coordination.

References


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Goode PS. Effect of Behavioral Training with or without Pelvic Floor Electrical Stimulation on Stress Incontinence in Women. JAMA 2003 July 16; 290(3):345-352.


<table>
<thead>
<tr>
<th>Original Approval Date</th>
<th>Original Effective Date* and Version Number</th>
<th>Policy Owner</th>
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<tbody>
<tr>
<td>Regulatory Approval: N/A</td>
<td>01/01/09 Version 1</td>
<td>Medical Policy Manager as Chair of Medical Policy, Criteria, and Technology Assessment Committee (MPCTAC) and member of Quality Improvement Committee (QIC)</td>
<td>MPCTAC, QIC, and Utilization Management Committee (UMC)</td>
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<td>Internal Approval: 09/09/08: MPCTAC 09/30/08: UMC 10/22/08: QIC</td>
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<table>
<thead>
<tr>
<th>Review Date</th>
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<tr>
<td>09/22/09</td>
<td>Updated coding (removed CPT 90875 and 90876 from this policy), no changes to clinical criteria.</td>
<td>Version 2</td>
<td>09/22/09: MPCTAC 10/28/09: QIC</td>
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<td>10/01/10</td>
<td>No changes to criteria, updated references, codes and template.</td>
<td>Version 3</td>
<td>10/20/10: MPCTAC 11/22/10: QIC</td>
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<td>10/01/11</td>
<td>No criteria changes, updated references, and added commercial language.</td>
<td>Version 4</td>
<td>10/19/11: MPCTAC 11/29/11: QIC</td>
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<td>07/01/12</td>
<td>Off cycle review for Well Sense Health Plan, revised Summary statement, reformatted Clinical Guideline Statement, deleted diagnosis codes from code list, deleted Massachusetts contract references.</td>
<td>Version 5</td>
<td>08/03/12: MPCTAC 09/05/12: QIC</td>
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<tr>
<td>12/01/12</td>
<td>Updated Summary and Description of Item or Service sections, referenced Plan’s Experimental and Investigational Treatment and Medically Necessary policies, updated applicable code list and deleted diagnosis codes, revised language in Applicable Coding section, updated references. Added limitations related to home use. Revised title to specify an outpatient setting for the service. Changed name of policy category from “Clinical Coverage Guidelines” to “Medical Policy.”</td>
<td>Version 6</td>
<td>12/10/12: MPCTAC 01/31/13: QIC</td>
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<td>12/01/13</td>
<td>Review for effective date 02/01/14. Updated Description of Service and References. Revised first paragraph in Medical Policy Statement section without changing criteria. Added definition for urodynamic testing.</td>
<td>02/01/14</td>
<td>12/18/13: MPCTAC 01/21/14: QIC</td>
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<td>12/17/14: MPCTAC 01/14/15: QIC</td>
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<td>12/01/15</td>
<td>10/21/15: MPCTAC 11/11/15: QIC</td>
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* Effective Date for the BMC HealthNet Plan Commercial Product(s): 01/01/12
* Effective Date for the Well Sense Health Plan New Hampshire Medicaid Product(s): 01/01/13
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**Policy Revisions History**

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<th>Version</th>
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<tr>
<td>11/25/15</td>
<td>Review for effective date 01/01/16. Revised language in the Applicable Coding section.</td>
<td>01/01/16</td>
<td>Version 10</td>
<td>11/25/15: MPCTAC (electronic vote) 12/09/15: QIC</td>
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**Last Review Date**

11/25/15

**Next Review Date**

10/01/16

**Authorizing Entity**

QIC

**Other Applicable Policies**

Medical Policy - *Experimental and Investigational Treatment*, policy number OCA 3.12
Medical Policy - *Medically Necessary*, policy number OCA 3.14
Medical Policy - *Pelvic Floor Stimulation for the Treatment of Incontinence*, policy number OCA 3.561
Medical Policy - *Posterior Tibial Nerve Stimulation*, policy number OCA 3.562
Medical Policy - *Sacral Nerve Stimulation (Including Peripheral Nerve Stimulation Test and Two-Stage Tined Lead Procedure) for Incontinence and Urinary Conditions*, policy number OCA 3.563
Reimbursement Guidelines - *General Billing and Coding Guidelines*, policy number SCO 4.31

**Disclaimer Information:**

Medical Policies are the Plan’s guidelines for determining the medical necessity of certain services or supplies for purposes of determining coverage. These Policies may also describe when a service or supply is considered experimental or investigational, or cosmetic. In making coverage decisions, the Plan uses these guidelines and other Plan Policies, as well as the Member’s benefit document, and when appropriate, coordinates with the Member’s health care Providers to consider the individual Member’s health care needs.

Plan Policies are developed in accordance with applicable state and federal laws and regulations, and accrediting organization standards (including NCQA). Medical Policies are also developed, as appropriate, with consideration of the medical necessity definitions in various Plan products, review of current literature, consultation with practicing Providers in the Plan’s service area who are medical experts in the particular field, and adherence to FDA and other government agency policies. Applicable state or federal mandates, as well as the Member’s benefit document, take precedence over these guidelines. Policies are reviewed and updated on an annual basis, or more frequently as needed. Treating providers are solely responsible for the medical advice and treatment of Members.

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The use of this Policy is neither a guarantee of payment nor a final prediction of how a specific claim(s) will be adjudicated. Reimbursement is based on many factors, including member eligibility and benefits on the date of service; medical necessity; utilization management guidelines (when applicable); coordination of benefits; adherence with applicable Plan policies and procedures; clinical coding criteria; claim editing logic; and the applicable Plan – Provider agreement.