Subject: Bone Density Studies*

Effective Date: February 26, 2002

Department(s): Utilization Management

Policy: Bone Densitometry is covered by Plans administered by QualCare, Inc. if indication(s) listed below is/are present.

Objective: To ensure proper and consistent reimbursement and appropriate utilization of resources.

Procedure: 1. Bone density measurement is defined as a radiologic procedure:
   ♦ Performed by DEXA, CPT 77080, 77081 or bone sonometer (ultrasound CPT 76977) device that has been FDA approved.
   ♦ Performed on an individual for the purpose of identifying bone mass or detecting bone loss or determining bone quality.
   ♦ Includes a physician’s interpretation of the results of the procedure.

2. Indications for Bone Density Studies include but are not limited to, one or more of the following:

<table>
<thead>
<tr>
<th>ICD-9 Code</th>
<th>Diagnosis</th>
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<tbody>
<tr>
<td>227.3</td>
<td>Benign neoplasm, pituitary gland and craniopharyngeal duct</td>
</tr>
<tr>
<td>237.0</td>
<td>Neoplasm of uncertain behavior, pituitary gland and craniopharyngeal duct</td>
</tr>
<tr>
<td>239.7</td>
<td>Neoplasm of unspecified nature, endocrine glands and other parts of nervous system</td>
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<tr>
<td>242.00-242.01</td>
<td>Toxic diffuse goiter</td>
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<tr>
<td>242.10-242.11</td>
<td>Toxic uninodular goiter</td>
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<tr>
<td>242.20-242.21</td>
<td>Toxic multinodular goiter</td>
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<tr>
<td>242.30-242.31</td>
<td>Toxic nodular goiter, unspecified</td>
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<tr>
<td>242.40-242.41</td>
<td>Thyrotoxicosis from ectopic thyroid nodule</td>
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</tbody>
</table>
In addition to the above, the following are reimbursable indications for bone densitometry study:

♦ Any adult receiving (or expecting to receive) glucocorticoid (steroid) therapy equivalent to prednisone 5.0 mg per day for more than 3 months.
♦ Any individual being monitored to assess the response to or efficacy of FDA–approved osteoporosis drug therapy
♦ Postmenopausal women, regardless of age, who have one or more additional risk factors for osteoporosis (besides menopause), including but not limited to:
  - Personal history of fracture as an adult, or current fracture
  - History of fragility fracture in a first-degree relative
  - Low body weight (< 127 pounds)
  - Current tobacco use
  - Estrogen deficiency at age <45 years
• Poor health/frailty, including but not limited to impaired vision, recent falls, low calcium intake or low physical activity
• Alcohol in amounts greater that two drinks per day
• Medical conditions associate with increased risk of osteoporosis, including but not limited to chronic obstructive pulmonary disease, gastrectomy, hyperparathyroidism, hypogonadism, multiple myeloma, and celiac disease
♦ All women aged 65 years and older regardless of additional risk factors
♦ Women considering therapy for osteoporosis if bone densitometry would facilitate the decision
♦ Women who have been on hormone replacement therapy for prolonged periods
♦ Any man age 70 or older
♦ Any adult with fragility fracture
♦ Any adult with a disease or condition associated with low bone mass or bone loss, including but not limited to hyperparathyroidism

1. Bone Density Studies are limited to one per year for the monitoring of osteoporosis or osteopenia.
2. Bone Density Studies for routine screening for osteoporosis will not be covered except as specified in the QualCare Wellness Benefit policy.
3. Documentation to support medical necessity, such as ICD-9 codes, must be submitted with each claim.

References:


Lewiecki, EM. Overview of dual x-ray absorptiometry. UpToDate v.16.1, 2008 (Jan 31). www.uptodate.com accessed 06/02/08

Raisz LG. Screening for osteoporosis. UpToDate v.16.1, 2008 (Jan 31). www.uptodate.com accessed 06/02/08

CMS Manual System Pub 100-02 Medicare Benefit Policy. Ch 15/80.5 Bone Mass Measurements. 2007 (May 11)


Khan A. Premenopausal women and low bone density. Can Fam Physician 2006;52:743-747 (Jun)

Medicare Coverage Database: NCD for Bone (Mineral) Density Studies (150.3) www.cms.hhs.gov accessed 11/07/05


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