BREAST REDUCTION SURGERY

Guideline Number: CS012.Q                      Effective Date: January 1, 2020

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APPLICATION

This policy does not apply to the states of Louisiana, New Jersey, and Tennessee.

- For the state of Louisiana, refer to the Coverage Determination Guideline titled Breast Reduction Surgery (for Louisiana Only).
- For the state of New Jersey, refer to the Coverage Determination Guideline titled Breast Reduction Surgery (for New Jersey Only).
- For the state of Tennessee, refer to the Coverage Determination Guideline titled Breast Reduction Surgery (for Tennessee Only).

COVERAGE RATIONALE

Related Community Plan Policies
- Breast Reconstruction Post Mastectomy
- Cosmetic and Reconstructive Procedures
- Gender Dysphoria Treatment
- Gynecomastia Treatment
- Panniculectomy and Body Contouring Procedures

Commercial Policy
- Breast Reduction Surgery

Indications for Coverage

Most UnitedHealthcare plans have a specific exclusion for breast reduction surgery except as required by the Women's Health and Cancer Rights Act of 1998. See the Coverage Limitations and Exclusions section.

For plans that include breast reduction surgery benefits, the following are eligible for coverage as reconstructive and medically necessary when the following criteria are met:

- Following mastectomy to achieve symmetry (per WHCRA); or
- Macromastia is the primary etiology of the member’s Functional Impairment or impairments:
  - The following are examples of Functional Impairments that must be attributable to Macromastia to be considered (not an all-inclusive list):
    - Severe skin excoriation/intertrigo unresponsive to medical management
    - Severe restriction of physical activities that meets the definition of Functional Impairment below
    - Signs and symptoms of nerve compression that are unresponsive to medical management (e.g., ulnar paresthesias)
    - Acquired kyphosis that is attributed to Macromastia
    - Chronic breast pain due to weight of the breasts
    - Upper back, neck, or shoulder pain
    - Shoulder grooving from bra straps
    - Headache;
  - The amount of tissue to be removed:
    - Plots above the 22nd percentile; or
    - Plots between the 5th and 22nd percentiles, the procedure may be either reconstructive or cosmetic; the determination is based on the review of the information provided;
  - And
The proposed procedure is likely to result in significant improvement of the Functional Impairment.

**Documentation Requirements**
- Reduction mammoplasty documentation should include:
  - The evaluation and management note for the date of service
  - The note for the day the decision to perform surgery was made
- The member’s medical record must be available upon request and must contain:
  - Height and weight
  - Photographs that document Macromastia

**Coverage Limitations and Exclusions**
UnitedHealthcare excludes Cosmetic Procedures from coverage including but not limited to the following:
- Breast reduction surgery when done to improve appearance without improving a Functional/Physiologic Impairment
- Liposuction as the sole procedure for breast reduction surgery
- Procedures that correct an anatomical Congenital Anomaly without improving or restoring physiologic function are considered Cosmetic Procedures. The fact that a Covered Person may suffer psychological consequences or socially avoidant behavior as a result of an Injury, Sickness or Congenital Anomaly does not classify surgery (or other procedures done to relieve such consequences or behavior) as a reconstructive procedure.
- Procedures that do not meet the reconstructive criteria in the *Indications for Coverage* section, e.g., psychological or social reasons, breast size asymmetry unless post mastectomy, exercise

**Appendix**
This Schnur chart may be used to assess whether the amount of tissue (per breast) that will be removed is reasonable for the body habitus, and whether the procedure is cosmetic or reconstructive in nature.
- If the amount plots above the 22nd percentile and the member has a Functional Impairment, the procedure is reconstructive.
- If the amount plots below the 5th percentile, the procedure is cosmetic.
- If the amount plots between the 5th and 22nd percentiles, the procedure may be either reconstructive or cosmetic based on review of information.

To calculate body surface area (BSA), see:
- [http://www.calculator.net/body-surface-area-calculator.html](http://www.calculator.net/body-surface-area-calculator.html) (*use Du Bois formula*)
- Du Bois formula:
  - $\text{BSA} = 0.007184 \times W^{0.425} \times H^{0.725}$

**Modified Schnur Nomogram Chart**

<table>
<thead>
<tr>
<th>Body Surface (m2)</th>
<th>Lower 5th Percentile</th>
<th>Lower 22nd Percentile</th>
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<tbody>
<tr>
<td>1.35</td>
<td>127</td>
<td>199</td>
</tr>
<tr>
<td>1.40</td>
<td>139</td>
<td>218</td>
</tr>
<tr>
<td>1.45</td>
<td>152</td>
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<td>1.50</td>
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<td>2.00</td>
<td>401</td>
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<td>439</td>
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<td>2.10</td>
<td>479</td>
<td>750</td>
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<tr>
<td>2.15</td>
<td>523</td>
<td>819</td>
</tr>
<tr>
<td>Body Surface (m²)</td>
<td>Lower 5th Percentile</td>
<td>Lower 22nd Percentile</td>
</tr>
<tr>
<td>------------------</td>
<td>----------------------</td>
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<tr>
<td>2.20</td>
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<td>2.55</td>
<td>1,062</td>
<td>1,662</td>
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**DEFINITIONS**

Please check the definitions within the member benefit plan document that supersede the definitions below.

**Congenital Anomaly**: A physical developmental defect that is present at the time of birth, and that is identified within the first twelve months of birth.

**Cosmetic Procedures**: Procedures or services that change or improve appearance without significantly improving physiological function.

**Functional/Physical or Physiological Impairment**: Functional/Physical or Physiological Impairment causes deviation from the normal function of a tissue or organ. This results in a significantly limited, impaired, or delayed capacity to move, coordinate actions, or perform physical activities and is exhibited by difficulties in one or more of the following areas: physical and motor tasks; independent movement; performing basic life functions.

**Macromastia (Breast Hypertrophy)**: An increase in the volume and weight of breast tissue relative to the general body habitus.

**Reconstructive Procedures**: Reconstructive Procedures when the primary purpose of the procedure is either of the following:
- Treatment of a medical condition
- Improvement or restoration of physiologic function

Reconstructive Procedures include surgery or other procedures which are related to an Injury, Sickness or Congenital Anomaly. The primary result of the procedure is not a changed or improved physical appearance.

Procedures that correct an anatomical Congenital Anomaly without improving or restoring physiologic function are considered Cosmetic Procedures. The fact that you may suffer psychological consequences or socially avoidant behavior as a result of an Injury, Sickness or Congenital Anomaly does not classify surgery (or other procedures done to relieve such consequences or behavior) as a Reconstructive Procedure.

**Women’s Health and Cancer Rights Act of 1998, § 713 (a)**: "In general - a group health plan, and a health insurance issuer providing health insurance coverage in connection with a group health plan, that provides medical and surgical benefits with respect to a Mastectomy shall provide, in case of a participant or beneficiary who is receiving benefits in connection with a Mastectomy and who elects breast reconstruction in connection with such Mastectomy, coverage for (1) reconstruction of the breast on which the Mastectomy has been performed; (2) surgery and reconstruction of the other breast to produce symmetrical appearance; and (3) prostheses and physical complications all stages of Mastectomy, including lymphedemas in a manner determined in consultation with the attending physician and the patient."

**APPLICABLE CODES**

The following list(s) of procedure and/or diagnosis codes is provided for reference purposes only and may not be all inclusive. Listing of a code in this policy does not imply that the service described by the code is a covered or non-covered health service. Benefit coverage for health services is determined by federal, state or contractual requirements and applicable laws that may require coverage for a specific service. The inclusion of a code does not imply any right to reimbursement or guarantee claim payment. Other Policies and Coverage Determination Guidelines may apply.

**Note**: Coding for suction lipectomy is addressed in the Coverage Determination Guideline titled **Panniculectomy and Body Contouring Procedures**.
**CPT Code** | **Description**
---|---
19318 | Reduction mammoplasty

*CPT® is a registered trademark of the American Medical Association*

**ICD-10 Diagnosis Code** | **Description**
---|---
N62 | Hypertrophy of breast
N65.1 | Disproportion of reconstructed breast

**ICD-10 Procedure Code** | **Description**
---|---
0HBT0ZZ | Excision of Right Breast, Open Approach
0HBT3ZZ | Excision of Right Breast, Percutaneous Approach
0HBU0ZZ | Excision of Left Breast, Open Approach
0HBU3ZZ | Excision of Left Breast, Percutaneous Approach
0HBV0ZZ | Excision of Bilateral Breast, Open Approach
0HBV3ZZ | Excision of Bilateral Breast, Percutaneous Approach
0H0T0ZZ | Alteration of Right Breast, Open Approach
0H0U0ZZ | Alteration of Left Breast, Open Approach
0H0V0ZZ | Alteration of Bilateral Breast, Open Approach

**BENEFIT CONSIDERATIONS**

All plans cover breast reduction surgeries that qualify under the Women’s Health and Cancer Rights Act of 1998. If a surgery does not qualify under the Women’s Health and Cancer Rights Act of 1998, some plans may allow breast reduction surgery if we determine the surgery will treat a physiologic functional impairment. However, some plans exclude breast reduction surgery even if it treats a physiologic functional impairment. Please check the federal, state or contractual requirements for benefit coverage.

Under certain circumstances, breast reconstruction may be covered for the surgical treatment of gender dysphoria. Please check the federal, state or contractual requirements for benefit coverage.

**REFERENCES**


**GUIDELINE HISTORY/REVISION INFORMATION**

<table>
<thead>
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<th>Date</th>
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<tr>
<td>01/01/2020</td>
<td>• Added language to indicate this policy does not apply to the states of Louisiana and New Jersey:</td>
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<td>• For the state of Louisiana, refer to the Coverage Determination Guideline titled <a href="Breast%20Reduction%20Surgery%20(for%20Louisiana%20Only)">Breast Reduction Surgery (for Louisiana Only)</a></td>
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<td>• For the state of New Jersey, refer to the Coverage Determination Guideline titled <a href="Breast%20Reduction%20Surgery%20(for%20New%20Jersey%20Only)">Breast Reduction Surgery (for New Jersey Only)</a></td>
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<tr>
<td></td>
<td><strong>Coverage Rationale</strong></td>
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<td></td>
<td>• Revised <em>Documentation Requirements</em> (previously labeled <em>Potential Required</em></td>
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INSTRUCTIONS FOR USE

This Coverage Determination Guideline provides assistance in interpreting UnitedHealthcare standard benefit plans. When deciding coverage, the federal, state or contractual requirements for benefit plan coverage must be referenced as the terms of the federal, state or contractual requirements for benefit plan coverage may differ from the standard benefit plan. In the event of a conflict, the federal, state or contractual requirements for benefit plan coverage govern. Before using this guideline, check the federal, state or contractual requirements for benefit plan coverage.

UnitedHealthcare reserves the right to modify its Policies and Guidelines as necessary. This Coverage Determination Guideline is provided for informational purposes. It does not constitute medical advice.

UnitedHealthcare may also use tools developed by third parties, such as the MCG™ Care Guidelines, to assist us in administering health benefits. The UnitedHealthcare Coverage Determination Guidelines are intended to be used in connection with the independent professional medical judgment of a qualified health care provider and do not constitute the practice of medicine or medical advice.