

# Sensory Integration Therapy and Auditory Integration Training (for North Carolina Only)

**Policy Number:** CSNCT0314.04  
**Effective Date:** March 1, 2026

[Instructions for Use](#)

Table of Contents	Page
<a href="#">Application</a> .....	1
<a href="#">Coverage Rationale</a> .....	1
<a href="#">Applicable Codes</a> .....	1
<a href="#">Description of Services</a> .....	1
<a href="#">U.S. Food and Drug Administration</a> .....	2
<a href="#">References</a> .....	2
<a href="#">Policy History/Revision Information</a> .....	2
<a href="#">Instructions for Use</a> .....	2

Related Policies
None

## Application

This Medical Policy only applies to the state of North Carolina.

## Coverage Rationale

For medical necessity clinical coverage criteria, refer to the [North Carolina Medicaid \(Division of Health Benefits\) Clinical Coverage Policy, Specialized Therapies: 10A, Outpatient Specialized Therapies](#).

## 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 Guidelines may apply.

CPT Code	Description
97533	Sensory integrative techniques to enhance sensory processing and promote adaptive responses to environmental demands, direct (one-on-one) patient contact, each 15 minutes

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

## Description of Services

### Sensory Integration Therapy (SIT)

SIT seeks to improve perception and integration of sensory information and thereby help individuals with learning disabilities improve their sensorimotor skills. In theory, this will result in improved behavior and academic performance. Therapy is usually provided by an occupational therapist (OT) and combines primitive forms of sensation with motor activity during an individual therapy session that typically lasts 60 to 90 minutes. The therapist provides vestibular, proprioceptive, and tactile stimulation during activities designed to elicit appropriate adaptive motor responses. Sensory integration techniques include the use of textured mitts, carpets, scooter boards, ramps, swings, bounce pads, suspended equipment, and weighted vests and blankets to encourage a noncognitive, creative, and explorative process. Therapy is

usually given in 1 to 3 sessions per week over several months or a few years and it does not involve tutoring, the more traditional approach to treatment of learning disabilities (Salokorpi, 2002; Uyanik, 2003).

## Auditory Integration Training (AIT)

AIT was developed as a technique for improving abnormal sound sensitivity in individuals with behavioral disorders or autism spectrum disorders (Sinya et al., 2011). The Berard AIT protocol requires that a participant listen to modulated music on a specific device using high quality headphones for a total of 10 hours, over 10 or 12 consecutive days under the supervision of a professionally trained AIT practitioner (AIT Institute, 2018).

## U.S. Food and Drug Administration (FDA)

This section is to be used for informational purposes only. FDA approval alone is not a basis for coverage.

The equipment used for sensory integration therapy and auditory integration training is not considered medical in nature, and therefore, not regulated by the FDA.

## References

North Carolina Medicaid, Division of Health Benefits, Clinical Coverage Policies, Outpatient Specialized Therapies, No. 10A <https://medicaid.ncdhhs.gov/10a-outpatient-specialized-therapies/download?attachment>. Accessed October 14, 2025.

## Policy History/Revision Information

Date	Summary of Changes
03/01/2026	<p><b>Coverage Rationale</b></p> <ul style="list-style-type: none"><li>Replaced coverage guidelines with instruction to refer to the <i>North Carolina Medicaid (Division of Health Benefits) Clinical Coverage Policy, Specialized Therapies: 10A, Outpatient Specialized Therapies</i> for medical necessity clinical coverage criteria</li></ul> <p><b>Supporting Information</b></p> <ul style="list-style-type: none"><li>Updated <i>References</i> section to reflect the most current information</li><li>Removed <i>Clinical Evidence</i> section</li><li>Archived previous policy version CSNCT0314.03</li></ul>

## Instructions for Use

This Medical Policy 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 policy, check the federal, state or contractual requirements for benefit plan coverage. UnitedHealthcare reserves the right to modify its Policies and Guidelines as necessary. This Medical Policy is provided for informational purposes. It does not constitute medical advice.

UnitedHealthcare may also use tools developed by third parties, such as the InterQual® criteria, to assist us in administering health benefits. The UnitedHealthcare Medical Policies 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.