

# Cardiac Rehabilitation Services – Outpatient

Policy Number: BIP139.L  
 Effective Date: April 1, 2022

[Instructions for Use](#)

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Related Policies
None

## Federal/State Mandated Regulations

Note: The most current federal/state mandated regulations for each state can be found in the links below.

### Texas

***Texas Insurance Code, Benefits Provided by Health Maintenance Organizations, Section 1271.156 Benefits for Rehabilitation Services and Therapies***

<https://statutes.capitol.texas.gov/DocViewer.aspx?DocKey=IN%2fIN.1271&Phrases=1271.156&HighlightType=1&ExactPhrase=False&QueryText=1271.156>

- (a) If benefits are provided for rehabilitation services and therapies under an evidence of coverage, the provision of a rehabilitation service or therapy that, in the opinion of a physician, is medically necessary may not be denied, limited, or terminated if the service or therapy meets or exceeds treatment goals for the enrollee.
- (b) For an enrollee with a physical disability, treatment goals may include maintenance of functioning or prevention of or slowing of further deterioration.

***Texas Administrative Code, Title 28, Chapter 11 HMOs, Rule §11.508***

[https://texreg.sos.state.tx.us/public/readtac\\$ext.TacPage?sl=R&app=9&p\\_dir=&p\\_rloc=&p\\_tloc=&p\\_ploc=&pg=1&p\\_tac=&ti=28&pt=1&ch=11&rl=508](https://texreg.sos.state.tx.us/public/readtac$ext.TacPage?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=28&pt=1&ch=11&rl=508)

- (a) Each evidence of coverage providing basic health care services must provide the following basic health care services when they are provided by network physicians or providers, or by non-network physicians and providers as set forth in §11.506(b)(9) or (14) of this title (relating to Mandatory Contractual Provisions: Group, Individual and Conversion Agreement and Group Certificate):
  - (1) Outpatient services, including the following:
    - (F) Outpatient rehabilitation therapies including physical therapy, speech therapy and occupational therapy;
  - (4) Outpatient hospital services, including treatment services; ambulatory surgery services; diagnostic services, including laboratory, radiology, and imaging services; rehabilitation therapy; and radiation therapy.

## State Market Plan Enhancements

None

## Covered Benefits

**Important Note:** Covered benefits are listed in *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits* sections. Always refer to the *Federal/State Mandated Regulations* and *State Market Plan Enhancements* sections for additional covered services/benefits not listed in this section.

Outpatient cardiac rehabilitation services when medical criteria are met.

For medical necessity clinical coverage criteria, refer to the InterQual® 2022, Mar. 2022 Release, LOC: Outpatient Rehabilitation & Chiropractic.

Click [here](#) to view the InterQual® criteria.

## Not Covered

Cardiac Rehabilitation Services that do not meet medical criteria.

## Definitions

**Cardiac Rehabilitation Program:** Comprehensive, long-term services involving medical evaluation, prescribed exercise and monitoring, cardiac risk factor modification. education and counseling.

## Policy History/Revision Information

Date	State(s) Affected	Summary of Changes
04/01/2022	All	<b>Covered Benefits</b> <ul style="list-style-type: none"><li>Replaced reference to “InterQual® 2021, LOC: Outpatient Rehabilitation &amp; Chiropractic” with “InterQual® 2022, Mar. 2022 Release, LOC: Outpatient Rehabilitation &amp; Chiropractic”</li></ul> <b>Supporting Information</b> <ul style="list-style-type: none"><li>Archived previous policy version BIP139.K</li></ul>

## Instructions for Use

Covered benefits are listed in three (3) sections: *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits*. All services must be medically necessary. Each benefit plan contains its own specific provisions for coverage, limitations, and exclusions as stated in the member’s Evidence of Coverage (EOC)/Schedule of Benefits (SOB). If there is a discrepancy between this policy and the member’s EOC/SOB, the member’s EOC/SOB provision will govern.