



*Harmony Behavioral Health, Inc.*

*Harmony Behavioral Health of Florida, Inc.*

*Harmony Health Plan of Illinois, Inc.*

*HealthEase of Florida, Inc.*

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WellCare Health Insurance of Arizona, Inc.*

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*WellCare of New York, Inc.*

*WellCare of Ohio, Inc.*

*WellCare of Texas, Inc.*

*WellCare Prescription Insurance, Inc.*

## Home Cholesterol Monitors

Policy Number: HS-110

Original Effective Date: 6/18/2009

Revised Date(s): 6/25/2010; 8/2/2011

### DISCLAIMER

The Clinical Coverage Guideline is intended to supplement certain standard WellCare benefit plans. The terms of a member's particular Benefit Plan, Evidence of Coverage, Certificate of Coverage, etc., may differ significantly from this Coverage Position. For example, a member's benefit plan may contain specific exclusions related to the topic addressed in this Clinical Coverage Guideline. When a conflict exists between the two documents, the Member's Benefit Plan always supersedes the information contained in the Clinical Coverage Guideline. Additionally, Clinical Coverage Guidelines relate exclusively to the administration of health benefit plans and are NOT recommendations for treatment, nor should they be used as treatment guidelines. The application of the Clinical Coverage Guideline is subject to the benefit determinations set forth by the Centers for Medicare and Medicaid Services (CMS) National and Local Coverage Determinations and state-specific Medicaid mandates, if any.

### APPLICATION STATEMENT

The application of the Clinical Coverage Guideline is subject to the benefit determinations set forth by the Centers for Medicare and Medicaid Services (CMS) National and Local Coverage Determinations and state-specific Medicaid mandates, if any.

## BACKGROUND

### *American Heart Association Statement*

The American Heart Association hasn't taken a position on cholesterol home testing devices. Several devices are on the market. Some measure only total cholesterol. Others measure total cholesterol and high-density lipoprotein (HDL) or "good" cholesterol. One measures low-density lipoprotein (LDL) or "bad" cholesterol, HDL cholesterol and triglycerides (blood fats).

Cholesterol plays a major role in a person's heart health. High blood cholesterol is a major risk factor for coronary heart disease and stroke. That's why it's important for all people to know their cholesterol level. They should also learn about their other risk factors for heart disease and stroke.

The American Heart Association endorses the National Cholesterol Education Program (NCEP) guidelines for detection of high cholesterol. The Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III or ATP III) was released in 2001. It recommends that everyone age 20 and older have a fasting "lipoprotein profile" every five years. This test is done after a 9–12-hour fast without food, liquids or pills. It gives information about total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides.

If a fasting lipoprotein profile isn't possible, the values for total cholesterol and HDL cholesterol are still useful. If the total cholesterol is 200 mg/dL or more, or HDL cholesterol is less than 40 mg/dL (for men) or less than 50 mg/dL (for women), a follow-up lipoprotein profile should be done to determine LDL cholesterol and triglyceride levels.

## POSITION STATEMENT

The use of home cholesterol monitors **is considered experimental and investigational**. The value of home monitoring over standard laboratory testing has not been established.

## CODING

**CPT®\* Codes** - No applicable codes

**ICD-9-CM Procedure Codes** - No applicable Codes

### **Non-Covered HCPCS Codes**

**A9279** Monitoring feature/device, stand-alone or integrated, any type, includes all accessories, components and electronics, not otherwise classified [**not covered for home cholesterol monitors**]

### **Non-Covered ICD-9-CM Diagnosis Codes**

**272.0 - 272.9** Disorders of lipid metabolism

**V77.91** Screening for lipid disorders

\*Current Procedural Terminology (CPT) 2010 American Medical Association: Chicago, IL.®©

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## REFERENCES

### Peer Reviewed

N/A

### Government Agencies, Professional and Medical Organizations

1. American Heart Association Position Statement. Cholesterol, Home Testing Devices. May 19, 2009.
2. Agency for Healthcare Research and Quality. U.S. Preventive Services Task Force (USPSTF). Screening for Lipid Disorders in Adults. June, 2008.
3. Institute for Clinical Systems Improvement (ICSI). Lipid management in adults. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); June, 2007.
4. National Institutes of Health (NIH), National Heart, Lung and Blood Institute (NHLBI), Third report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Executive Summary. Bethesda, MD: NIH; May 2001.

## HISTORY AND REVISIONS

| Date      | Action   |
|-----------|--|
| 12/1/2011 | <ul style="list-style-type: none"><li>• New template design approved by MPC.</li></ul> |
| 8/2/2011  | <ul style="list-style-type: none"><li>• Approved by MPC. No changes.</li></ul>         |