

Amended Prior Authorization Requirements for plans with Cigna PPO/OAP

This document is intended to list amended prior authorization requirements and restrictions as determined by Cigna. This is only applicable to Wellfleet Student plans that offer the Cigna PPO or Cigna OAP provider network. Please refer to the Certificate of Coverage on the applicable school page accessed via <u>https://wellfleetstudent.com/</u> for more specifics on prior authorization (also known as pre-certification) requirements.

Cigna Coverage Policies can be found here: https://static.cigna.com/assets/chcp/resourceLibrary/coveragePolicies/index.html

Effective Month of Change	Cigna Coverage Policy #	Coverage Policy Title	Material Change Details
November 2023	0148	Colorectal Cancer Screening and Surveillance	 Added coverage: narrow band imaging in inflammatory bowel diseases Changed from not covered to covered: confocal fluorescent endomicroscopy
November 2023	0106	Diabetes Equipment and Self-Management	Added coverage: • Guardian Sensor 4 Expanded coverage: • insulin pumps Limited coverage: • quantity limit for Medtronic transmitter. Changed from not covered to covered: • home glycated serum protein (GSP) monitor
November 2023	0195	Gynecomastia Surgery	 Limited coverage: Mastectomy or reduction mammoplasty for the surgical treatment of gynecomastia
November 2023	0139	Minimally Invasive Spinal Procedures and Trigger Point Injections	Expanded coverage: Intracept to multilevel
November 2023	0533	Stem Cell Transplantation: Blood Cancers	 Expanded coverage: Autologous HSCT for Amyloidosis non-myeloablative allogeneic HSCT in Non-Hodgkin Lymphoma (NHL) in children allogeneic HSCT in Acute Myeloid Leukemia (AML) to include intermediate risk individuals Changed from covered to not covered: autologous hematopoietic stem cell transplantation (HSCT) for Myelodysplastic Syndromes (MDS).



October 2023	0069	Airway Clearance Devices in the Ambulatory Setting	 Expanded coverage: acoustical percussor, positive expiratory pressure and aerosol drug delivery system combination device (e.g., Vibralung®) mechanical percussors oscillatory (vibratory) positive expiratory pressure devices positive expiratory pressure devices.
October 2023	0532	Cardiac Electrophysiological (EP) Studies	 Expanded coverage: cardiac electrophysiological study for primary prevention of sudden cardiac arrest, secondary prevention of sudden cardiac arrest, adult congenital heart disease, and cardiac sarcoidosis
October 2023	0141	Corneal Remodeling for Refractive Errors	Changed from not covered to covered:radial keratotomy
October 2023	0181	Implantable Cardioverter Defibrillator (ICD)	 Expanded coverage: removed revascularization status as a criteria to be met removed time frames associated with myocardial infarction (MI) and nonsustained ventricular tachycardia (NSVT) unexplained syncope due to cardiac sarcoidosis with documented spontaneous sustained ventricular tachycardia Unexplained syncope due to Inducible sustained monomorphic ventricular tachycardia (VT) on electrophysiological study removed the term asymptomatic when used to explain nonsustained ventricular tachycardia (NSVT) ICD for post acute myocardial Infarction (MI) (≤ 40 days) and/or revascularization primary prevention ICD for post-acute MI greater than or equal to 40 days ICD Post MI with ischemic cardiomyopathy Genetic conditions added nonischemic cardiomyopathy due to Lamin AC mutation Limited coverage: implantable cardioverter defibrillator (ICD) for unexplained syncope due to long QT syndrome changed the time frame for ICD placement post-acute MI to less than 40 days removed the following coverage statement for the primary prevention ICD: Post-acute MI (≤ 40 days) with pre-existing chronic cardiomyopathy (≥ 90 days 3 months) and ANY of the following:

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			 LVEF < 35% due to nonischemic causes. NYHA class I-III removed the following coverage statement for the primary prevention ICD: Post-MI (> 40 Days) with ischemic cardiomyopathy, with recent percutaneous coronary intervention (PCI) or coronary artery bypass graft (CABG) (≤ 3 months), and ANY of the following: No known pre-existing cardiomyopathy, LVEF ≤ 35 Pre-existing documented cardiomyopathy. LVEF ≤ 35% on guideline-directed medical therapy > 3 months before PCI/CABG LVEF ≤ 40%, with need for permanent pacemaker post-revascularization removed New York Heart Association class I as a covered indication for an ICD due to nonischemic cardiomyopathy
October 2023	0531	Lymphedema and Lipedema Surgical Treatments	Title change from "Surgical Treatments for Lymphedema and Lipedema" to "Lymphedema and Lipedema Surgical Treatments"
			Added not covered: Axillary Reverse Mapping/Reverse Lymphatic Mapping
October 2023	0019	Minimally Invasive An Reflux Procedures an Peroral Endoscopic Myotomy (POEM)	ti- Changed from not covered to covered:
October 2023	0543	Orthotic Devices and Shoe	 Changed from not covered to covered: Powered exoskeleton Functional knee brace after successful ACL repair Mechanical stance control devices
September 2023	0391	Diaphragmatic/Phreni Nerve Stimulation	 Added not covered: temporary respiratory insufficiency temporary use in difficult to wean patients
September 2023	0136	Nutritional Support	Changed from not covered to covered: Relizorb
August 2023		eatment	 Added coverage: initial mastectomy for an individual age 15 to 17 years Added not covered: mastectomy for individuals under age 15 years Expanded coverage: removed criteria for 6 months of hormone therapy prior to hysterectomy, salpingo-oophorectomy, orchiectomy, vaginectomy, vaginoplasty, and reconstructive genital surgeries



August 2023	0549	Head and Neck Ultrasound	Added coverage: ultrasound of head and neck soft tissues for indication of hypercalcemia
August 2023	0068	Tissue-Engineered Skin Substitutes	Added coverage for AmnioBand for venous stasis ulcers
			Added not covered:
			 Barrera[™] SL and Barrera[™] DL
			Biovance® 3L or Biovance® Tri-Layer
			Cygnus dual
			DermaBind SL
			 DuraSorb® Monofilament Mesh/ Polydioxanone Surgical Scaffold™ EPIEFFECT™
			 Esano™ A
			 Esano™ AAA
			 Esano™ AC
			 Esano™ ACA
			Orion Amniotic Membrane
			 VIAGENEX™ Matrix Amnion Allograft
			 VIAGENEX™ Max Umbilical Cord Membrane
			 WoundPlus™ Membrane
			Xcell Amnio Matrix®
			•
July 2023	0051	Bariatric Surgery and	Expanded coverage:
		Procedures	For adolescents: adding percentage of 95th percentile on growth chart to align with prevailing standard used to describe and assess class 2 and 3 obesities in
			children
July 2023	0504	Omnibus Codes	Changed from not covered to covered:
-			Bioimpedance Spectroscopy to measure extracellular fluid differences
lub/ 2022	0031	Dhatatharany	between limbs
July 2023	0031	Phototherapy, Photochemotherapy,	Limited coverage: A twelve week trial of a topical corticosteroid instead of an eight week trial is
		and Excimer Laser	required for vitiligo for both office based phototherapy/photochemotherapy
		Therapy for	and office based excimer laser therapy
		Dermatologic Conditions	
July 2023	0309	Surgical Treatment of	Added coverage:
		Chest Wall Deformities	
			Added not covered:
			Poland syndrome: Breast reconstruction of the contralateral breast to
			achieve symmetry in the absence of a severe physical deformity or
			disfigurement of the contralateral breast accompanied by functional deficit Poland syndrome: Breast reconstruction revision surgery following initial
			treatment when performed for the sole purpose of improving appearance
			Limited coverage:
			Poland syndrome: Surgical treatment of a chest wall deformity, including
			initial chest reconstruction, by adding additional criterion requiring either
July 2023	0431	Wearable Cardioverter	preoperative frontal photographs or imaging Changed from not covered to covered:
July 2020	5701	Defibrillator and	nonwearable AED for a small subset of patients who are 1-8 years of age
		Automatic External	
		Defibrillator	
June 2023	0493	Comparative	Added coverage:
		Genomic	



		Hybridization (CGH)/Chromosomal Microarray Analysis (CMA) for Selected Hereditary Conditions	 low-pass whole genome sequencing for the same indications and criteria as chromosomal microarray
June 2023	0035	Glaucoma Surgical Procedures	 Added coverage: goniotomy (i.e. trabeculotomy, trabeculotomy ab interno) for the reduction of intraocular pressure in an individual with glaucoma with performed using an FDA approved device iStent infinite® Trabecular Micro-Bypass System Model iS3
June 2023	0139	Minimally Invasive Spinal Procedures and Trigger Point Injections	 Changed from not covered to covered: bone-anchored annular device (i.e., Barricaid® Annular Closure Device [ACD] [Intrinsic Therapeutics, Washington, DC]) Intraosseous radiofrequency nerve ablation of the basivertebral nerve (i.e., INTRACEPT® Intraosseous Nerve Ablation System)
June 2023	0153	Plasmapheresis	 Added not covered: alzheimer's disease autoimmune dysautonomia idiopathic inflammatory myopathies immune checkpoint inhibitors, immune-related adverse events paraneoplastic autoimmune retinopathies thrombotic microangiopathy (TMA), pregnancy associated transplantation, intestine vaccine-induced immune thrombotic thrombocytopenia (VITT) Changed from not covered to covered:
June 2023	0519	Whole Exome and Whole Genome Sequencing for Non- Cancer Indications	 liver disease Added coverage: whole exome sequencing (WES)/whole genome sequencing (WGS) retesting Added not covered: concurrent WES and WGS.
May 2023	0028	Plasma Brain Natriuretic Peptide in the Outpatient Setting	 Expanded coverage: Natriuretic peptide testing for Stage A and Stage B American College of Cardiology (ACC) Heart Failure (HF) individuals Natriuretic peptide testing for children ages 14 and under at increased risk for endocardial biopsy who are status post heart transplant, when ordered in combination with echocardiography or electrocardiogram Changed from covered to not covered: Natriuretic peptide testing for risk stratification in a suspected acute coronary syndrome (ACS)
May 2023	0119	Rhinoplasty, Vestibular Stenosis Repair and Septoplasty	 Added not covered: nasal nerve ablation using radiofrequency or cryoablation for the treatment of chronic rhinitis (e.g., RhinAer, ClariFix)
May 2023	0068	Tissue-Engineered Skin Substitutes	Added not covered: • Added 24 skin substitutes Changed from not covered to covered:



			Parietene Macroporous Mesh
April 2023	0070	Alloray Testing and	Expanded coverage:
April 2023	0070	Allergy Testing and Non-Pharmacologic Treatment -	 Expanded coverage: Removed the statement that in vitro allergy testing is considered not medically necessary when there is a negative skin test for the allergy in question.
April 2023	0547	Ambulatory External and Implantable Electrocardiographic Monitoring	 Limited coverage: noninvasive ambulatory cardiac monitoring needs to be inconclusive or non-diagnostic prior to ICM placement for both cryptogenic stroke and recurrent or unexplained syncope added additional criteria to be met for recurrent or unexplained syncope: non-arrhythmic causes have been excluded prior to ICM placement
April 2023	0063	Headache and Occipital Neuralgia Treatment	 Title change: "Headache and Occipital Neuralgia Treatment" to "Headache, Occipital and/or Trigeminal Neuralgia Treatment" Added not covered: occipital, trigeminal, sphenopalatine ganglion, and peripheral nerve blocks
April 2023	0335	Otoplasty and External Ear Reconstruction	 Limited coverage: Additional criteria is required for photographic evidence for external ear reconstruction Expanded coverage: Added coverage for "functional need for eyewear use" for external ear molding.
April 2023	0529	Transcatheter Ablation for the Treatment of Supraventricular Tachycardia in Adults	 Expanded coverage: removed the need for failure of pharmacologic rate control for atrial flutter
April 2023	0030	Wheelchairs/Power Operated Vehicles	 Added not covered: sensor system for collision avoidance (e.g., LUCI)
March 2023	0118	Bone Graft Substitutes	 Added not covered: allograft materials that undergo enhanced processing to retain and condense inherent cells/growth factors
March 2023	0121	Inflammatory Bowel Disease - Testing for the Diagnosis and Management	Added not covered: • Prometheus® RiskImmune™ • Risankizumab (Skyrizi) • Tofacitinib (Xeljanz®) • Upadacitinib (Rinvoq)
March 2023	0564	Lactation Consultation Services	 Limited coverage: Change from no limit to lactation consultation services to 4 per each pregnancy
March 2023	0515	Miscellaneous Musculoskeletal Procedures	Added not covered: Percutaneous ablation of soft tissue for treatment of any musculoskeletal condition (e.g., tendinosis, tendinopathy)
March 2023	0504	Omnibus Codes	Changed from not covered to covered:
			 Unilateral internal iliac stent graft placement



February 2023	0106	Diabetes Equipment and Supplies	Added coverage: • Dexcom G7 Expanded coverage: • Continuous glucose monitoring when patients are on basal insulin
February 2023	0504	Omnibus Codes	 Changed from covered to not covered: Implanted Wireless Pulmonary Artery Sensor (e.g., CardioMEMS HF System)
February 2023	0525	Peripheral Nerve Destruction for Pain Conditions	Added not covered: • intercostal neuralgia
February 2023	0510	Transthoracic Echocardiography (TTE) in Adults	 Added coverage: myocardial strain imaging for diagnosis of obstructive hypertrophic cardiomyopathy non-stress TTE for Lennox-Gastaut syndrome
February 2023	0523	Transthoracic Echocardiography (TTE) in Children	 Added coverage: myocardial strain imaging for diagnosis of obstructive hypertrophic cardiomyopathy non-stress TTE for Lennox-Gastaut syndrome
February 2023	0519	Whole Exome and Whole Genome Sequencing for Non- Cancer Indications	 Title change: From "Whole Exome and Whole Genome Sequencing" to "Whole Exome and Whole Genome Sequencing for Non-Cancer Indications" Changed from not covered to covered: whole genome sequencing for a subset of indications
January 2023	0048	Breast Implant Removal	 Expanded coverage - removal of EITHER a silicone gel-filled OR saline-filled breast implant, with or without capsulectomy, to include: acute infection infection when there is failure, intolerance or contraindication to medical management exposure of a breast implant diagnosis of breast implant-associated squamous cell carcinoma (BIA-SCC)
January 2023	0266	Gender Dysphoria Treatment	 Expanded coverage: allow electrolysis up to eight "30-minute timed sessions" Limited coverage: mastectomy to age 17 or over Change from covered to not covered: hair removal/hair transplantation removal of redundant facial skin laser hair removal
January 2023	0274	High Intensity Focused Ultrasound (HIFU)	Changed from not covered to covered: magnetic resonance guided focused ultrasound for essential tremor
January 2023	0499	Intensive Behavioral Interventions	 Expanded coverage: severe behavior program for individuals with Autism Spectrum Disorder (ASD)
January 2023	0303	Lumbar Fusion for Spinal Instability and Degenerative Disc Conditions, Including Sacroiliac Fusion	Added not covered: • Opti Mesh
January 2023	0500	Pharmacogenetic Testing for Non- Cancer Indications	 Added not covered: gene expression classifiers for pharmacologic response
December 2022	0447	Autism Spectrum Disorders	Added not covered: Transcranial stimulation Weighted blankets
December 2022	0300	Bone Mineral Density Measurement	 Added not covered: Bone strength and fracture risk assessment from imaging scans other than DXA



December 2022	0174	Cardiac Resynchronization Therapy (CRT) and Advanced Cardiac Pacing Technologies	 Added not covered: left bundle branch pacing (LBBP)
December 2022	0514	Genetic Testing for Reproductive Carrier Screening and Prenatal Diagnosis	 Expanded coverage: embryo biopsy procedure, genetic test and pre-and post-test genetic counseling associated with preimplantation genetic testing (PGT for monogenic disorders [PGT-M] or PGT for chromosomal structural rearrangements [PGT-SR])
November 2022	0469	Nonpharmacological Treatments for Atrial Fibrillation	 Expanded coverage: percutaneous and surgical closure of the left atrial appendage i Added not covered: Vein of Marshall alcohol ablation (VOM ethanol infusion) closure of a peridevice leak (PDL) after a left atrial appendage occlusion
November 2022	0531	Surgical Treatments for Lymphedema and Lipedema	 Change from not covered to covered: excisional procedures (debulking and liposuction) for lymphedema microsurgical treatment (e.g., microsurgical lymphatico-venous anastomosis, lymphatic- capsular-venous anastomosis, lymphovenous bypass) and vascularized lymph node transfer for the treatment of lymphedema Added not covered: immediate lymphatic microsurgical reconstruction (e.g., Lymphatic Microsurgical Preventing Healing Approach [LYMPHA]) for the
November 2022	0068	Tissue- Engineered Skin Substitutes	prevention of lymphedema Added not covered: • Omeza collagen matrix • Permeaderm b • Permeaderm c • Permeaderm glove • Phoenix wound matrix
November 2022	0011	Transcatheter Closure of Cardiovascular Defects	 Added not covered: all other indications including but not limited to migraine and decompression illness prevention
November 2022	0234	Varicose Vein Treatments	 Changed from not covered to covered: VenaSeal Added not covered: external valvuloplasty ambulatory selective varicose vein ablation under local anesthetic (ASVAL)
October 2022	0195	Gynecomastia Surgery	Title changes from "Surgical Treatment of Gynecomastia" to "Gynecomastia Surgery"
October 2022	0403	Male Sexual Dysfunction Treatment: Nonpharmacologic	 Added not covered: nerve grafting after a prostatectomy application of amniotic-derived allografts to nerve bundles during a radical prostatectomy
October 2022	0504	Omnibus Codes	Limited coverage by adding a separate policy statement noting that timed physical therapy (PT), occupational therapy (OT) or chiropractic treatment visits beyond one hour per day, per provider are not medically necessary.



October 2022	0209	Orthognathic Surgery	Added coverage: • for oral surgical splints Added not covered: • correction of contour defects • fat grafting
October 2022	0240	Skin Cancer Surveillance Technologies	Title changes from "Malignant Melanoma Surveillance Technologies" to "Skin Cancer Surveillance Technologies" Expanded coverage to include nonmelanoma skin cancers which are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC)
October 2022	0486	Subtalar Joint Implantation (Subtalar Arthroereisis)	Title change from "Subtalar Arthroereisis" to "Subtalar Joint Implantation (Subtalar Arthroereisis)"
October 2022	0158	Surgical Treatments for Obstructive Sleep Apnea	 Added coverage: for drug-induced sleep endoscopy (DISE) Expanded coverage: hypoglossal nerve stimulation device to lower minimum age from 22 to 18 years of age
September 2022	0555	Ambulance Services	Limited coverage for non-emergent ambulance transportation home by
2022			adding it should be upon completion of required medically necessary and covered diagnostic and/or therapeutic services
			Added not covered: ambulance transport for the sole purpose of participation in a clinical trial
September 2022	0545	Angioplasty (Extracranial, Intracranial) and Intracranial Aneurysm Repair	Expanded coverage of intracranial stent placement to include posterior circulation aneurysms
September 2022	0159	Benign Prostatic Hyperplasia (BPH) Treatments	Expanded coverage by removing all medical necessity criteria for prostatic urethral lift, water vapor thermal therapy and waterjet tissue ablationAdded not covered for transperineal laser ablation
September 2022	0152	Breast Reduction	Changed from not covered to covered for breast reduction or mastopexy prior to mastectomy when a nipple sparing mastectomy is planned
September 2022	0160	Electrical Stimulation Therapy and Devices in a Home Setting	Title changes to clarify that this policy addresses devices in a home setting
September 2022	0052	Genetic Testing for Hereditary and Multifactorial Conditions	Expanded coverage for multigene panel testing for non-syndromic hearing loss by removing family history criterion. Added coverage for multigene panel testing for global developmental delay
			and intellectual disability.
September 2022	0549	Head and Neck Ultrasound	Expanded coverage to include infection
September 2022	0129	Heart, Lung, and Heart Lung Transplantation	Expanded coverage for lung transplantation from a deceased donor by removing functional status of New York Heart Association class III or IV criteria
September 2022	0546	Home Ventilators	Expanded coverage to include continued use of a home ventilator



September 2022	0446	Metatarsophalangeal Joint Replacement	Added not covered for personalized (i.e., customized, patient-specific 3D printed) first metatarsophalangeal joint implants
September 2022	0548	Scrotal Ultrasound	Limited coverage of scrotal ultrasound for nonpalpable testes
September 2022	0383	Transcranial Magnetic Stimulation	Changed from not covered to covered transcranial magnetic stimulation for obsessive-compulsive disorder
August 2022	0106	Diabetes Equipment and Self-Management	Added coverage for Freestyle Libre 3 therapeutic continuous glucose monitoring system (CGMS)
August 2022	0175	Fetal Surgery	Changed from not covered to covered fetoscopic endoluminal tracheal occlusion (FETO) for left congenital diaphragmatic hernia
August 2022	0528	Laser Interstitial Thermal	Expanded coverage to include recurrent primary malignant neoplasms
August 2022	0504	OT mnibherapusy Codes	Added coverage for the Tula [®] System
August 2022	0533	Stem Cell Transplantation: Blood Cancers	Expanded coverage of autologous HSCT for the treatment of multiple myeloma Limited coverage for allogeneic HSCT in multiple myeloma
August 2022	0561	Thymus Tissue Transplantation	New Policy Added coverage for thymus tissue transplantation (Rethymic® allogeneic thymus tissue)