

## Biofeedback

These services may or may not be covered by your HealthPartners plan. Please see your plan documents for your specific coverage information. If there is a difference between this general information and your plan documents, your plan documents will be used to determine your coverage.

### Administrative Process

Prior authorization is not required for biofeedback.

### Coverage

Biofeedback is generally covered as part of a comprehensive treatment plan involving a member's primary care provider or specialist. Coverage is subject to the indications listed below, and per your plan documents.

### Indications that are covered

Biofeedback is covered when received from a qualified clinician as part of a comprehensive treatment plan and when not described in the Indications that are not covered section below.

### Indications that are not covered

The following modalities and indications for treatment are not covered due to insufficient evidence supporting their effectiveness:

1. Neurotherapy biofeedback
2. Treatment of or relaxation of ordinary muscle tension states
3. Addictions
4. Adjustment disorders
5. ADHD (attention deficit hyperactivity disorder)
6. Depression
7. PTSD (Post Traumatic Stress Disorder)
8. Schizophrenia
9. Schizoaffective disorders
10. Home biofeedback units (E0746) are not covered because biofeedback is only covered when it is part of a comprehensive treatment plan involving a member's primary care physician or relevant specialist.

### Definitions

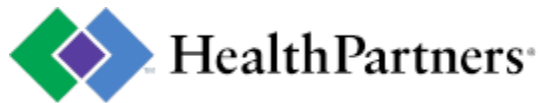
**Biofeedback** is a technique that uses the mind to help control a function that is automatic for the body, such as skin temperature, muscle tension, heart rate, or blood pressure. Typically, sensors are attached to the body and to an instrument, such as an electrocardiogram (ECG) or electromyography (EMG) device. The therapist or clinician teaches physical and mental exercises that help to control a body function, and the results, such as decreased muscle tension, are displayed in real time on a monitor screen. The goal is to make changes in thinking or behavior by gaining an ability to regulate body processes that with time can be continued without use of the biofeedback device.

**Neurotherapy**, also called neurofeedback, is a type of biofeedback that uses real-time displays of brain activity—most commonly electroencephalography (EEG), to teach self-regulation of brain function. Typically, sensors are placed on the scalp to measure activity, with measurements displayed in real time on a monitor screen.

### Codes

*If available, codes are listed below for informational purposes only, and do not guarantee member coverage or provider reimbursement. The list may not be all-inclusive.*

Codes	Description
90875	Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient), with psychotherapy (eg, insight oriented, behavior modifying or supportive psychotherapy); 30 minutes



90876	Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient), with psychotherapy (eg, insight oriented, behavior modifying or supportive psychotherapy); 45 minutes
90901	Biofeedback training by any modality
90912	Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry, when performed; initial 15 minutes of one-on-one physician or other qualified health care professional contact with the patient
90913	Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry, when performed; each additional 15 minutes of one-on-one physician or other qualified health care professional contact with the patient
E0746	Electromyography (EMG), biofeedback device

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## Products

This information is for most, but not all, HealthPartners plans. Please read your plan documents to see if your plan has limits or will not cover some items. If there is a difference between this general information and your plan documents, your plan documents will be used to determine your coverage. These coverage criteria do not apply to Medicare Products. For more information regarding Medicare coverage criteria or for a copy of a Medicare coverage policy, contact Member Services at 952-883-7272 or 1-877-778-8384.

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