Medical Necessity Guidelines:
Nutrition Extension for Eating Disorders

Effective: November 9, 2016

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>✗ Tufts Health Plan Commercial Plans products; Fax: 617.972.9409</td>
<td>✔</td>
</tr>
<tr>
<td>☐ Tufts Health Public Plans products</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Tufts Health Direct — Health Connector; Fax: 888.415.9055</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Tufts Health Together — A MassHealth Plan; Fax: 888.415.9055</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Tufts Health Unify — OneCare Plan; Fax: 781.393.2607</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Tufts Health RITogether — A Rhode Island Medicaid Plan; Fax: 857.304.6404</td>
<td>☐</td>
</tr>
<tr>
<td>✗ Tufts Health Freedom Plan products; Fax: 617.972.9409</td>
<td>✔</td>
</tr>
</tbody>
</table>

Note: While you may not be the provider responsible for obtaining prior authorization, as a condition of payment you will need to make sure that prior authorization has been obtained.

OVERVIEW
Tufts Health Plan may grant an extension of outpatient nutrition visits beyond the stated policy limits in cases of severe and continuing eating disorders. For self-insured plans requests for extensions can only be considered for Members who participate in a plan with Individual Case Management (ICM) language. For a fully-insured plan, Member’s PCP makes referrals for nutritional counseling.

COVERAGE GUIDELINES
Determinations to grant such extensions of coverage will be made when the Member’s condition meets the following guidelines:
- The Member meets Diagnostic and Statistical Manual of Mental Disorders™ (DSM) criteria for an eating disorder.
- The Member continues to either:
  - Be unable to maintain adequate body weight
  - Show eating disorder symptoms

In addition the provider must provide clinical information that supports the following:
- There is likelihood that the Member will benefit from these services.
- Measurable goals have been established for this treatment.
- There is a plan for coordination of care with other health care providers.

LIMITATIONS
For all products, initial nutritional counseling services must have been performed by a registered nutritionist and authorized by the Member’s PCP. For self-insured plans that do not have the Individual Case Management benefit feature, nutritional counseling is limited to the defined benefit and may not be extended.

CODES
The following codes require prior authorization:

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>97802</td>
<td>Medical Nutrition Therapy, initial assessment and intervention. 15 minutes = 1 unit. Maximum 75 minutes (5 units) allowed</td>
</tr>
<tr>
<td>97803</td>
<td>Medical Nutrition Therapy, re-assessment and intervention. 15 minutes = 1 unit. Maximum 60 minutes (4 units) allowed</td>
</tr>
</tbody>
</table>
APPROVAL HISTORY

- July 9, 2003: Original Effective Date
- January 8, 2007: Reviewed and renewed with no changes
- December 4, 2008: Reviewed and renewed with no changes
- February 3, 2009: Reviewed and renewed with no changes
- July 28, 2010: Reviewed and renewed with new format and no additional changes
- September 21, 2011: Reviewed and renewed with changes: Delete "Nutritional counseling services must be performed by an in network registered nutritionist..." and add "Initial nutritional counseling services must be performed by a registered nutritionist and authorized by the Member’s PCP." Delete MH-6, add web DMS ID# 2171714
- September 20, 2012 Reviewed and approved by the Mental Health Operations and Policy Committee with no changes
- October 1, 2013: Reviewed and approved by the Mental Health Operations and Policy Committee with changes: changed “independent” Case Management to Individual Case Management, added “most recent” DSM, added must “have been” performed.
- November 5, 2014: Reviewed and approved by the Mental Health Operations and Policy Committee with changes:
  - Removed fax number from Type of Review box; replaced “criteria” in Coverage section with “guidelines”
  - March 16, 2015: Added fax number back into “Applies to” Section.
  - September 2015: Branding and template change to distinguish Tufts Health Plan products in "Applies to" section. Added Tufts Health Freedom Plan products, effective January 1, 2016.
- October 13, 2015: Reviewed and approved by the Mental Health Operations and Policy Committee with changes: Overview – Capitalized Self-Insured. Limitations - after PCP added “when the plan requires.”
- December 3, 2015 – Reviewed with no changes recommended by the Behavioral Health Practitioner Advisory Committee.
- December 9, 2015 – Reviewed and approved by Integrated Medical Policy Advisory Committee with no changes.
- July 26, 2016 – Reviewed and Approved by Behavioral Health Operations and Policy Committee with the following changes: Overview – clarified eligibility and referral source for same for Self-Insured plans and Fully insured plans; coverage guidelines – changed wording under second bullet, second point to “show eating disorder symptoms”; limitations – added “For all products” at the beginning of the sentence.
- October 27, 2016 – reviewed and approved with no changes by the Behavioral Health Practitioner Advisory Committee.
- November 9, 2016: Reviewed and approved by Integrated Medical Policy Advisory Committee with the following change. Under Limitations explanation was added that for self-insured plans that have not selected ICM, nutritional counseling is limited to the defined benefit and may not be extended.
- April 2017: Added RITogether Plan product to template. For MNGs applicable to RITogether, effective date is August 1, 2017

BACKGROUND, PRODUCT AND DISCLAIMER INFORMATION

Medical Necessity Guidelines are developed to determine coverage for benefits, and are published to provide a better understanding of the basis upon which coverage decisions are made. We make coverage decisions using these guidelines, along with the Member’s benefit document, and in coordination with the Member’s physician(s) on a case-by-case basis considering the individual Member’s health care needs.

Medical Necessity Guidelines are developed for selected therapeutic or diagnostic services found to be safe and proven effective in a limited, defined population of patients or clinical circumstances. They include concise clinical coverage criteria based on current literature review, consultation with practicing physicians in the our service area who are medical experts in the particular field, FDA and other government agency policies, and standards adopted by national accreditation organizations. We revise and update Medical Necessity Guidelines annually, or more frequently if new evidence becomes available that suggests needed revisions.

Medical Necessity Guidelines apply to the fully insured Commercial and Medicaid products when Tufts Health Plan conducts utilization review unless otherwise noted in this guideline or in the Member’s
benefit document, and may apply to Tufts Health Unify to the same extent as Tufts Health Together. This guideline does not apply to Tufts Medicare Preferred HMO, Tufts Health Plan Senior Care Options or to certain delegated service arrangements. For self-insured plans, coverage may vary depending on the terms of the benefit document. If a discrepancy exists between a Medical Necessity Guideline and a self-insured Member’s benefit document, the provisions of the benefit document will govern. Applicable state or federal mandates or other requirements will take precedence. For CareLink℠ Members, Cigna conducts utilization review so Cigna’s medical necessity guidelines, rather than these guidelines, will apply.

Treating providers are solely responsible for the medical advice and treatment of Members. The use of this guideline is not a guarantee of payment or a final prediction of how specific claim(s) will be adjudicated. Claims payment is subject to eligibility and benefits on the date of service, coordination of benefits, referral/authorization, utilization management guidelines when applicable, and adherence to plan policies, plan procedures, and claims editing logic.