

Cardiac Rehabilitation Services – Outpatient

Policy Number: BIP138.P
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[Instructions for Use](#)

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Related Policies
None

Federal/State Mandated Regulations

None

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® LOC: Outpatient Rehabilitation & Chiropractic.

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

Note: Cardiac Rehabilitation services must be performed by a physician, a licensed therapy provider, or qualified autism service provider or other provider licenses, certified, or otherwise authorized under state law to perform the service, and within the provider’s scope of practice. Benefits under this section include rehabilitation services provided in a physician's office or on an outpatient basis at a hospital or alternate facility. Rehabilitative services provided in a member’s home by a home health agency are provided as described under home health care visits. Rehabilitative services provided in a member’s home other than by a home health agency are provided as described under this section.

Not Covered

Cardiac Rehabilitation Services that do not meet medical criteria.

Definitions

Cardiac Rehabilitation: Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery. Cardiac rehab has three equally important parts:

- **Exercise counseling and training:** Exercise gets your heart pumping and your entire cardiovascular system working. You'll learn how to get your body moving in ways that promote heart health.
- **Education for heart-healthy living:** A key element of cardiac rehab is educating yourself: How can you manage your risk factors? Quit smoking? Make heart-healthy nutrition choices?
- **Counseling to reduce stress:** Stress hurts your heart. This part of cardiac rehab helps you identify and tackle everyday sources of stress..

References

American Heart Association. "Cardiac Rehab". www.heart.org, [What is Cardiac Rehabilitation? | American Heart Association](#). Accessed October 30, 2023.

Policy History/Revision Information

Date	Summary of Changes
02/01/2024	Definitions <ul style="list-style-type: none">• Updated definition of "Cardiac Rehabilitation" Supporting Information <ul style="list-style-type: none">• Added <i>References</i> section• Archived previous policy version BIP138.O

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.