



## MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association

# Medical Policy Neurofeedback

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## Policy Number: 515

BCBSA Reference Number: 2.01.28

## Related Policies

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## Policy

### Commercial Members: Managed Care (HMO and POS), PPO, and Indemnity Medicare HMO Blue<sup>SM</sup> and Medicare PPO Blue<sup>SM</sup> Members

Neurofeedback is [INVESTIGATIONAL](#).

### Prior Authorization Information

#### Commercial Members: Managed Care (HMO and POS)

This is **NOT** a covered service.

#### Commercial Members: PPO, and Indemnity

This is **NOT** a covered service.

#### Medicare Members: HMO Blue<sup>SM</sup>

This is **NOT** a covered service.

#### Medicare Members: PPO Blue<sup>SM</sup>

This is **NOT** a covered service.

## CPT Codes / HCPCS Codes / ICD-9 Codes

The following codes are included below for informational purposes. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage as it applies to an individual member.

Providers should report all services using the most up-to-date industry-standard procedure, revenue, and diagnosis codes, including modifiers where applicable.

### CPT Codes

CPT codes:	Code Description
90875	Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient), with psychotherapy; approx 20-30 minutes
90876	Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient), with psychotherapy; approx 45-50 minutes
90901	Biofeedback training by any modality

### Description

Neurofeedback (also known as EEG biofeedback) describes techniques of providing feedback about neuronal activity, as measured by electroencephalogram (EEG), in order to teach patients to self-regulate brain activity. Neurofeedback may utilize several techniques in an attempt to normalize unusual patterns of brain function in patients with central nervous system (CNS) disorders.

Neurofeedback differs from traditional forms of biofeedback in that the information fed back to the patient (via EEG tracings) is a direct measure of global neuronal activity, or brain state, compared to feedback of the centrally regulated physiologic processes, such as tension of specific muscle groups or skin temperature. The patient may be trained to either increase or decrease the prevalence, amplitude, or frequency of specified EEG waveforms (e.g., alpha, beta, theta waves), depending on the changes in brain function associated with the particular disorder. It has been proposed that training of slow cortical potentials can regulate cortical excitability and that using the EEG as a measure of CNS functioning can help train patients to modify or control their abnormal brain activity.

Neurofeedback is being explored for the treatment of a variety of disorders including attention deficit/hyperactivity disorder, learning disabilities, traumatic brain injury, seizure disorders, menopausal hot flashes, panic and anxiety disorders, fibromyalgia, tinnitus, substance abuse disorders, depression, stress management, and sleep disorders.

### Summary

The scientific evidence does not permit conclusions concerning the effect of the technology on health outcomes; a number of questions regarding clinical efficacy remain to be answered before applying neurofeedback techniques to patients with ADHD, insomnia, epilepsy, Tourette syndrome, autism spectrum disorder, fibromyalgia, migraine headache, substance abuse disorder, or other neurologic disorders. Neurofeedback is considered investigational.

### Policy History

Date	Action
10/2013	New references from BCBSA National medical policy.
11/2011-	Medical policy ICD 10 remediation: Formatting, editing and coding updates.

4/2012	No changes to policy statements.
2/2011	Reviewed - Medical Policy Group – Psychiatry and Ophthalmology. No changes to policy statements.
1/2011	Reviewed - Medical Policy Group – Neurology and Neurosurgery. No changes to policy statements.
12/3/2010	New policy describing ongoing non-coverage.

## Information Pertaining to All Blue Cross Blue Shield Medical Policies

Click on any of the following terms to access the relevant information:

[Medical Policy Terms of Use](#)

[Managed Care Guidelines](#)

[Indemnity/PPO Guidelines](#)

[Clinical Exception Process](#)

[Medical Technology Assessment Guidelines](#)

## References

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