



Status

Active

## Medical and Behavioral Health Policy

Section: Laboratory

Policy Number: VI-08

Effective Date: 04/23/2014

Blue Cross and Blue Shield of Minnesota medical policies do not imply that members should not receive specific services based on the recommendation of their provider. These policies govern coverage and not clinical practice. Providers are responsible for medical advice and treatment of patients. Members with specific health care needs should consult an appropriate health care professional.

## SALIVA HORMONE TESTS

**Description:** A number of laboratory tests are now being offered to consumers via the Internet. Among these tests, saliva testing for certain hormones (e.g., estrogen, progesterone, testosterone) has been proposed for the screening, diagnosis, and monitoring of menopause and other conditions.

Serum is the standard specimen used for measurement of hormones. Because saliva is similar to a blood ultrafiltrate, it has been theorized that salivary hormone concentrations may correlate with free/unbound serum concentrations.

The saliva used for hormone testing may be collected in the clinic setting or by the individual at home. The sample is then sent to a laboratory for evaluation. Results of the test may then be used to determine the need for vitamins, herbs, and phyto-hormones (e.g. phytoestrogen and phytotestosterone). These may be manufactured products (e.g., vitamins, topical creams) or products compounded specifically for the individual.

**Policy:** The use of saliva hormone tests such as estrogen, progesterone, testosterone, melatonin, cortisol, or dehydroepiandrosterone (DHEA) is considered **INVESTIGATIVE** for all indications including but not limited to screening, diagnosis and monitoring of menopause, conditions related to aging, or behavioral health (e.g. depression, bipolar disorder, eating disorders). There is a lack of clinical evidence indicating its validity as an appropriate form of testing.

**Coverage:** Blue Cross and Blue Shield of Minnesota medical policies apply generally to all Blue Cross and Blue Plus plans and products. Benefit plans vary in coverage and some plans may not provide coverage for certain services addressed in the medical policies.

Medicaid products and some self-insured plans may have additional policies and prior authorization requirements. Receipt of benefits is subject to all terms and conditions of the member's summary plan description (SPD). As applicable, review the provisions relating to a specific coverage determination, including exclusions and limitations. Blue Cross reserves the right to revise, update and/or add to its medical policies at any time without notice.

For Medicare NCD and/or Medicare LCD, please consult CMS or National Government Services websites.

Refer to the Pre-Certification/Pre-Authorization section of the Medical Behavioral Health Policy Manual for the full list of services, procedures, prescription drugs, and medical devices that require Pre-certification/Pre-Authorization. Note that services with specific coverage criteria may be reviewed retrospectively to determine if criteria are being met. Retrospective denial of claims may result if criteria are not met.

**Coding:** *The following codes are included below for informational purposes only, and are subject to change without notice. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement.*

**HCPCS:**

S3650 Saliva test, hormone level; during menopause

**Policy History:** **Developed August 10, 2005**

**Most recent history:**

Reviewed April 13, 2011

Reviewed April 11, 2012

Revised April 10, 2013

Reviewed April 9, 2014

**Cross Reference:** Subcutaneous Hormone Pellets, II-159

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