blue of california

Medical Policy

Whole Body Dual X-Ray Absorptiometry (DEXA) to Determine Body Composition	
Type: Investigational / Experimental	**Policy Specific Section:** Radiology (Diagnostic/Therapeutic)
Original Policy Date: April 5, 2007	**Effective Date:** January 7, 2011

Definitions of Decision Determinations

Medically Necessary: A treatment, procedure or drug is medically necessary only when it has been established as safe and effective for the particular symptoms or diagnosis, is not investigational or experimental, is not being provided primarily for the convenience of the patient or the provider, and is provided at the most appropriate level to treat the condition.

Investigational/Experimental: A treatment, procedure or drug is investigational when it has not been recognized as safe and effective for use in treating the particular condition in accordance with generally accepted professional medical standards. This includes services where approval by the federal or state governmental is required prior to use, but has not yet been granted.

Split Evaluation: Blue Shield policy review can result in a Split Evaluation, where a treatment, procedure or drug will be considered to be investigational for certain indications or conditions, but will be deemed safe and effective for other indications or conditions, and therefore potentially medically necessary in those instances.

Description

Measurements of body composition have been used to study changes in lean body mass and body fat during health and disease. These measurements have provided a research tool to study the metabolic effects of aging, obesity, and various wasting conditions which occur with acquired immune deficiency syndrome or post-bariatric surgery. A variety of techniques have

been investigated, including most commonly, anthropomorphic measures, bioelectrical impedance, and dual x-ray absorptiometry (DEXA or DXA) scans.

This policy addresses the use of whole body DEXA for measurement of body composition. Using low dose x-rays of two different energy levels, whole body DEXA measures lean tissue mass and total and regional body fat as well as bone density.

Policy

Dual x-ray absorptiometry (DEXA) body composition studies are considered **investigational**.

Policy Guideline

There is no specific CPT code that identifies dual x-ray absorptiometry (DEXA or DXA) body composition studies.

Internal Information

There is an MD Determination Form for this Medical Policy. It can be found on the following Web page:
http://myworkpath.com/healthcareservices/MedicalOperations/PSR_Determination_Pages.htm

Documentation Required for Clinical Review
• History and physical or consultation notes including: description of procedure, and reason requested Post Service • Radiology report

The materials provided to you are guidelines used by this plan to authorize, modify, or deny care for persons with similar illness or conditions. Specific care and treatment may vary depending on individual need and the benefits covered under your contract. These Policies are subject to change as new information becomes available

Click here to view the appendix for this policy

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