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Medical Benefit		Effective Date: 07/01/13	Next Review Date: 05/15
Preauthorization	No	Review Dates: 11/08, 09/09, 09/10, 09/11, 05/12, 05/13, 05/14	

*The following Protocol contains medical necessity criteria that apply for this service. It is applicable to Medicare Advantage products unless separate Medicare Advantage criteria are indicated. If the criteria are not met, reimbursement will be denied and the patient cannot be billed. **Preauthorization is not required but is recommended if, despite this Protocol position, you feel this service is medically necessary.** Please note that payment for covered services is subject to eligibility and the limitations noted in the patient's contract at the time the services are rendered.*

Description

Biofeedback is a technique intended to teach patients self-regulation of certain physiologic processes not normally considered to be under voluntary control. This Protocol focuses on the use of biofeedback for treating miscellaneous indications not addressed in separate Protocols; these include, among others, hypertension, anxiety, insomnia, asthma, and movement disorders.

Background

Biofeedback is a technique intended to teach patients self-regulation of certain unconscious or involuntary physiologic processes. The technique involves the feedback of a variety of types of information not usually available to the patient, followed by a concerted effort on the part of the patient to use this feedback to help alter the physiologic process in a specific way.

Biofeedback has been proposed as a treatment for a variety of diseases and disorders including anxiety, headaches, hypertension, movement disorders, incontinence, pain, asthma, Raynaud's disease, and insomnia. The type of feedback used in an intervention, e.g., visual, auditory, etc. depends on the nature of the disease or disorder under treatment. This Protocol focuses on the use of biofeedback for the treatment of hypertension, anxiety, insomnia, asthma, movement disorders, and other miscellaneous applications (i.e., conditions not addressed in other Protocols on biofeedback).

Related Protocols

Biofeedback as a Treatment of Urinary Incontinence in Adults

Biofeedback as a Treatment of Headache

Biofeedback as a Treatment of Chronic Pain

Biofeedback as a Treatment of Fecal Incontinence or Constipation

Neurofeedback

Policy (Formerly Corporate Medical Guideline)

Biofeedback is considered **investigational** as a treatment of the following miscellaneous conditions:

- anxiety disorders

- asthma
- autism
- Bell's palsy
- hypertension
- insomnia
- motor function after stroke, injury or lower-limb surgery
- movement disorders
- orthostatic hypotension in patients with spinal cord injury
- pain management during labor
- Raynaud's disease
- sleep bruxism
- tinnitus

Services that are the subject of a clinical trial do not meet our Technology Assessment Protocol criteria and are considered investigational. *For explanation of experimental and investigational, please refer to the Technology Assessment Protocol.*

It is expected that only appropriate and medically necessary services will be rendered. We reserve the right to conduct prepayment and postpayment reviews to assess the medical appropriateness of the above-referenced procedures. **Some of this Protocol may not pertain to the patients you provide care to, as it may relate to products that are not available in your geographic area.**

References

We are not responsible for the continuing viability of web site addresses that may be listed in any references below.

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