MOBILE CARDIAC OUTPATIENT TELEMETRY (MCOT)

Non-Discrimination Statement and Multi-Language Interpreter Services information are located at the end of this document.

Coverage for services, procedures, medical devices and drugs are dependent upon benefit eligibility as outlined in the member’s specific benefit plan. This Medical Coverage Guideline must be read in its entirety to determine coverage eligibility, if any.

This Medical Coverage Guideline provides information related to coverage determinations only and does not imply that a service or treatment is clinically appropriate or inappropriate. The provider and the member are responsible for all decisions regarding the appropriateness of care. Providers should provide BCBSAZ complete medical rationale when requesting any exceptions to these guidelines.

The section identified as “Description” defines or describes a service, procedure, medical device or drug and is in no way intended as a statement of medical necessity and/or coverage.

The section identified as “Criteria” defines criteria to determine whether a service, procedure, medical device or drug is considered medically necessary or experimental or investigational.

State or federal mandates, e.g., FEP program, may dictate that any drug, device or biological product approved by the U.S. Food and Drug Administration (FDA) may not be considered experimental or investigational and thus the drug, device or biological product may be assessed only on the basis of medical necessity.

Medical Coverage Guidelines are subject to change as new information becomes available.

For purposes of this Medical Coverage Guideline, the terms "experimental" and "investigational" are considered to be interchangeable.

BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. All other trademarks and service marks contained in this guideline are the property of their respective owners, which are not affiliated with BCBSAZ.
MOBILE CARDIOCULAR OUTPATIENT TELEMETRY (MCOT) (cont.)

Description:

Mobile Cardiac Outpatient Telemetry (MCOT):
An automatic electrocardiogram, arrhythmia detection and alarm system to provide cardiac monitoring and transmit real-time analysis from a low-risk individual’s home to a central monitoring facility.

Systems include, but are not limited to:

- CardioNet MCOT™
- HEARTLink II™
- LifeStar™ Mobile Cardiac Telemetry
- SEEQ™ Mobile Cardiac Telemetry
- VectraplexECG™ System
- Vital Signs Transmitter (VST™)

Continuous Monitoring Devices With Longer Recording Periods:
Continuous monitors that are similar to traditional Holter monitoring in concept, with the ability to monitor for longer periods of time.

Systems include, but are not limited to:

- BodyGuardian® Remote Monitoring System™
- Zio® Patch

Self-Monitoring ECG Device:
The Kardia™ Mobile (AliveCor, Inc.) is a smartphone-enabled, non-continuous ECG event monitor. Two stainless steel electrodes attached to a smartphone are activated by touch. The system also includes a smartphone application. The Kardia Mobile, previously the AliveCor™ Heart Monitor, is available without a prescription.

Criteria:

Mobile Cardiac Outpatient Telemetry (MCOT):

- Mobile cardiac outpatient telemetry (MCOT) for the evaluation of syncope, near syncope or palpitations is considered medically necessary with documentation of ALL of the following:

  1. Non-diagnostic Holter monitoring fails to establish a definite diagnosis because symptoms occur so infrequently or unpredictably that prolonged testing is necessary
  2. Non-diagnostic Holter monitoring must have been within 60 days prior to consideration of the use of MCOT
  3. A non-life-threatening cardiac arrhythmia is suspected as the cause of the above symptoms
  4. Individual has never demonstrated evidence of sustained ventricular tachycardia or ventricular fibrillation
MOBILE CARDIAC OUTPATIENT TELEMETRY (MCOT) (cont.)

Criteria: (cont.)

Mobile Cardiac Outpatient Telemetry (MCOT): (cont.)

➢ MCOT for all other indications not previously listed or if above criteria not met is considered experimental or investigational based upon:

1. Insufficient scientific evidence to permit conclusions concerning the effect on health outcomes, and
2. Insufficient evidence to support improvement of the net health outcome, and
3. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

Continuous Monitoring Devices With Longer Recording Periods:

➢ Continuous ambulatory monitors that record and store information for periods longer than 48 hours are considered medically necessary as a diagnostic alternative to Holter monitoring or individual-activated or auto-activated external ambulatory event monitors with documentation of ANY of the following:

1. Infrequent symptoms (less frequently than every 48 hours) suggestive of cardiac arrhythmias (e.g., palpitations, dizziness, presyncope, or syncope)
2. Atrial fibrillation treated with catheter ablation and discontinuation of systemic anticoagulation is being considered
3. History of a cryptogenic stroke with a negative standard work-up for atrial fibrillation including a 24-hour Holter monitor
4. Evaluation of atrial fibrillation after an ablation procedure when it would change medical management.

➢ Continuous ambulatory monitors that record and store information for periods longer than 48 hours for all other indications not previously listed or if above criteria not met is considered experimental or investigational based upon:

1. Insufficient scientific evidence to permit conclusions concerning the effect on health outcomes, and
2. Insufficient evidence to support improvement of the net health outcome, and
3. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.
MOBILE CARDIAC OUTPATIENT TELEMETRY (MCOT) (cont.)

Criteria: (cont.)

Self-Monitoring ECG Device:

- Self-monitoring ECG devices available over the counter, with or without a prescription, are considered a benefit plan exclusion and not eligible for coverage.

Devices include, but are not limited to:

- AliveCor Kardia Mobile

- Self-monitoring ECG devices available over the counter, with or without a prescription, connection and interpretation of data are considered experimental or investigational based upon:

  1. Insufficient scientific evidence to permit conclusions concerning the effect on health outcomes, and
  2. Insufficient evidence to support improvement of the net health outcome, and
  3. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

Devices include, but are not limited to:

- AliveCor Kardia Mobile

Resources:

Literature reviewed 06/05/18. We do not include marketing materials, poster boards and non-published literature in our review.

The BCBS Association Medical Policy Reference Manual (MPRM) policy is included in our guideline review. References cited in the MPRM policy are not duplicated on this guideline.


MOBILE CARDIAC OUTPATIENT TELEMETRY (MCOT) (cont.)

Resources: (cont.)


Mobile Cardiac Outpatient Telemetry (MCOT) (cont.)

Non-Discrimination Statement:

Blue Cross Blue Shield of Arizona (BCBSAZ) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. BCBSAZ provides appropriate free aids and services, such as qualified interpreters and written information in other formats, to people with disabilities to communicate effectively with us. BCBSAZ also provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, call (602) 864-4884 for Spanish and (877) 475-4799 for all other languages and other aids and services.

If you believe that BCBSAZ has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: BCBSAZ’s Civil Rights Coordinator, Attn: Civil Rights Coordinator, Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466, (602) 864-2288, TTY/TDD (602) 864-4823, crc@azblue.com. You can file a grievance in person or by mail or email. If you need help filing a grievance BCBSAZ’s Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1–800–368–1019, 800–537–7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Multi-Language Interpreter Services:

Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Blue Cross Blue Shield of Arizona, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 602-864-4884.

Navajo: Díí kwe’é atah niiłiñígíí Blue Cross Blue Shield of Arizona haada yit’éeego bíína’idílíkidgo éí doodago Háída bítina aniyléedíigíí t’aadood le’e yina’idílíkidgo beehaz’áanii hólo díí t’áá hzaadéék’ehií háká a’dooowolgo bee haza’ doo báah ilinígóó. Atá’ halne’ígií kojí bích’n’ hodíilínihí 877-475-4799.

Chinese: 如果您，或是您正在協助的對象，有關於插入項目的名稱 Blue Cross Blue Shield of Arizona 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 在此插入數字 877-475-4799。

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Blue Cross Blue Shield of Arizona quý vị sẽ có quyền được giúp và có thể thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thợ dịch viễn, xin gọi 877-475-4799.

Arabic: إن كان لديك أو أدى شخص تساعدك أسئلة بخصوص Blue Cross Blue Shield of Arizona الخضوعية بلغتك من دون أي تكلفة. للتحدث مع متجر الصالح ب 877-475-4799.
MOBILE CARDIAC OUTPATIENT TELEMETRY (MCOT) (cont.)

Multi-Language Interpreter Services: (cont.)

Tagalog: Kung ikaw, o ang iyong tinutulungan, ay maaang kasangkapan tungkol sa Blue Cross Blue Shield of Arizona, maaari ka na makakuha ng tulong at impormasyon sa iyong wikang walang gastos. Upang makausap ang isang tagsalang, tumawag sa 877-475-4799.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Blue Cross Blue Shield of Arizona에 관해서 질문이 있다면 귀하의 이러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 함으로서, 귀하의 의문을 877-475-4799로 전화하시십시오.

French: Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Blue Cross Blue Shield of Arizona, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 877-475-4799.

German: Falls Sie oder jemand, dem Sie helfen, Fragen zum Blue Cross Blue Shield of Arizona haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 877-475-4799 an.

Russian: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Blue Cross Blue Shield of Arizona, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 877-475-4799.

Japanese: ご本人様、またはお客様の身の回りの方でも、Blue Cross Blue Shield of Arizonaについてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることが可能です。料金はかかりません。通訳とお話される場合、877-475-4799までお電話ください。

Farsi:

آگر شما، یا کسی که شما به آن کمک می‌کنید، سوال نمودند، اطلاعات به زبان خود را به طور رایگان دریافت نمایید 877-475-4799.

Assyrian:

Blue Cross Blue Shield of Arizona بار نمایید، اطلاعات به زبان خود را به طور رایگان دریافت نمایید 877-475-4799.

Serbo-Croatian: Ukoiko Vi ili neko kome Vi pomažete ima pitanje o Blue Cross Blue Shield of Arizona, imate pravo da besplatno dobijate pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodilicom, nazovite 877-475-4799.

Thai: หากคุณ หรือคนที่คุณช่วยเหลือมีคำถามเกี่ยวกับ Blue Cross Blue Shield of Arizona คุณสามารถได้รับความช่วยเหลือและความมั่นใจจากที่อยู่ในภาษา พดดีกับและโทร 877-475-4799.