



**Subject:** Complementary and Alternative Medicine

**Effective Date:** 10/2018

**Revision Date:** 1/2022

## **DESCRIPTION**

Complementary and alternative medicine (CAM) include healing approaches and therapies that historically have not been included in Western medicine. According to the Merck Manual, as many as 38% of adults and 12% of children have used CAM at some point, depending on how broadly CAM is defined.

## **DEFINITIONS**

Complementary medicine refers to non-mainstream practices used together with conventional medicine.

Alternative medicine refers to non-mainstream practices used instead of conventional medicine.

Integrative medicine is health care that uses all appropriate therapeutic approaches—conventional and non-mainstream—within a framework that focuses on health, the therapeutic relationship, and the whole person.

## **POLICY**

OSU Health Plan considers the following alternative medicine interventions experimental and investigational, because there is inadequate evidence in the peer-reviewed published medical literature of their effectiveness (not all-inclusive):

- Aromatherapy
- Art therapy
- Bioidentical hormones
- Colonic irrigation (colonic cleansing, colonic lavage)
- Equestrian therapy (hippotherapy, equine therapy)
- Hypnosis
- Massage Therapy
- Music therapy
- Remedial reading
- Sarapin injections

Also, refer to *MMPP 12.0 Acupuncture*, *MMPP 13.0 Chiropractic* and *MMPP 15.0 Recreational Therapy*.

## CODES

The following codes are not covered (not all-inclusive):

Code	Code Description
90880	Hypnotherapy
G0176	Activity therapy, such as music, dance, art or play therapies not for recreation, related to the care and treatment of patient's disabling mental health problems, per session (45 minutes or more)
S8940	Equestrian/hippotherapy, per session

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#### Remedial Reading

No medical systematic reviews or meta-analyses available.

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