



Subject: Complementary and Alternative Medicine

Revision Date: 6/24

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 does not cover the following alternative medicine interventions either because (1) the service is specifically excluded per the OSU Faculty and Staff Health Plans Specific Plan Details Document (SPD), (2) the services is delivered by a professional who is not included in the definition of a provider per the SPD, or (3) the service is considered experimental and investigational due to inadequate evidence in the peer-reviewed published medical literature of their effectiveness (not all-inclusive):

- Aromatherapy
- Art therapy
- Ayurveda

- Bioidentical hormones
- Cellular therapy
- Colonic irrigation (colonic cleansing, colonic lavage)
- Equestrian therapy (hippotherapy, equine therapy)
- Exercise classes
- Hair analysis
- Hypnosis
- Massage Therapy
- Music therapy
- Prolotherapy
- Remedial reading
- Sarapin injections
- Therapeutic camping
- Virtual reality procedural dissociation

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
0736T	Colonic lavage, 35 or more liters of water, gravity-fed, with induced defecation, including insertion of rectal catheter
0771T	Virtual reality (VR) procedural dissociation services provided by the same physician or other qualified health care professional performing the diagnostic or therapeutic service that the VR procedural dissociation supports, requiring the presence of an independent, trained observer to assist in the monitoring of the patient's level of dissociation or consciousness and physiological status;

	initial 15 minutes of intraservice time, patient age 5 years or older
0772T	Virtual reality (VR) procedural dissociation services provided by the same physician or other qualified health care professional performing the diagnostic or therapeutic service that the VR procedural dissociation supports, requiring the presence of an independent, trained observer to assist in the monitoring of the patient's level of dissociation or consciousness and physiological status; each additional 15 minutes intraservice time (List separately in addition to code for primary service)
0773T	Virtual reality (VR) procedural dissociation services provided by a physician or other qualified health care professional other than the physician or other qualified health care professional performing the diagnostic or therapeutic service that the VR procedural dissociation supports; initial 15 minutes of intraservice time, patient age 5 years or older
0774T	Virtual reality (VR) procedural dissociation services provided by a physician or other qualified health care professional other than the physician or other qualified health care professional performing the diagnostic or therapeutic service that the VR procedural dissociation supports; each additional 15 minutes intraservice time (List separately in addition to code for primary service)
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)
H0051	Traditional healing service
M0075	Cellular therapy
M0076	Prolotherapy
P2031	Hair analysis (excluding arsenic)
S8940	Equestrian/hippotherapy, per session
S9451	Exercise classes, nonphysician provider, per session
T2036	Therapeutic camping, overnight, waiver; each session
T2037	Therapeutic camping, day, waiver; each session

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