

## Cardiac Rehabilitation

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### 1.0 CPT<sup>1</sup> PROCEDURE CODE RANGE

93797 - 93798

### 2.0 DESCRIPTION

Cardiac rehabilitation is the process by which individuals are restored to their optimal physical, medical, and psychological status, after a cardiac event. Cardiac rehabilitation is often divided into three phases. Phase I begins during inpatient hospitalization and is managed by the patient's personal physician. Phase II is a medically supervised outpatient program which begins following discharge. Phase III is a lifetime maintenance program emphasizing continuation of physical fitness with periodic follow-up. Each phase includes an exercise component, patient education, and risk factor modification. There may be considerable variation in program components, intensity and duration.

### 3.0 POLICY

**3.1** Cardiac rehabilitation services are cost-shared on an inpatient or outpatient basis for services and supplies provided in connection with a cardiac rehabilitation program when ordered by a physician and provided as treatment for patients who have experienced the following cardiac events within the preceding 12 months:

- Myocardial infarction.
- Coronary artery bypass graft.
- Coronary angioplasty.
- Percutaneous transluminal coronary angioplasty.
- Chronic stable angina.
- Heart valve surgery.
- Heart transplants, to include heart-lung.

**3.2** Payable benefits include separate allowance for the initial evaluation and testing. Outpatient treatment following the initial intake evaluation and testing is limited to a maximum of 36 sessions per cardiac event, usually provided three sessions per week for 12 weeks. Patient's diagnosed with chronic stable angina are limited to one treatment episode (36 sessions) in a calendar year.

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**4.0 EXCLUSION**

Phase III cardiac rehabilitation for lifetime maintenance performed at home or in medically unsupervised settings.

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