	<b>POLICIES AND PROCEDURES</b>
<b>Policy #:</b> 404-1712	<b>Lead Department:</b> Utilization Management
<b>Title:</b> Biofeedback Training for Urinary Incontinence	
<b>Original Date:</b> 12/01/1999	<b>Date Published:</b> 02/25/2025
<b>Approved by:</b> Utilization Management Work Group (UMWG)	

**Purpose:**

To describe Central California Alliance for Health (the Alliance) guidelines for authorizing Biofeedback Training for Urinary Incontinence.

**Policy:**

1. The Alliance uses MCG care guidelines in cases where biofeedback is being requested for tension/migraine headaches as well as for constipation.
2. The Alliance uses this policy to address biofeedback requests for urinary incontinence.

**Definitions:**

Biofeedback Training: A process that measures a person's bodily processes and conveys the information in real time in order to raise the person's awareness and conscious control of the related physiologic activities, with the goal of gaining the ability to regulate these processes. Biofeedback has been used successfully to manage a variety of medical problems.

Biofeedback training of pelvic outlet musculature has also been demonstrated to be an effective approach to urinary incontinence related to bladder irritability, or "urge incontinence." This modality has limited utility for "stress incontinence," which has an anatomic etiology, and neurogenic bladder, which has a bladder innervation etiology.

**Procedures:**


1. Authorization Requests for Biofeedback training for urinary incontinence must be accompanied by documentation demonstrating the following:
  - a. Patient consultation with a urologist
  - b. Urodynamic study confirming "urge" etiology of incontinence
  - c. Failure of conservative therapy including medication trial
2. If authorized, biofeedback training will be approved for 6 weeks.
3. If partial benefit has been achieved after 6 weeks of treatment and the clinician believes additional improvement is possible, the Alliance will consider a request to extend this treatment after reviewing supporting documentation.

**References:**

Alliance Policies:

Impacted Departments:

Community Care Coordination  
Member Services

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Provider Services  
 Regulatory:  
 Legislative:  
 Contractual (Previous Contract):  
 Contractual (2024 Contract):  
 DHCS All Plan Letter:  
 NCQA:  
 Supersedes:  
 Other References:  
 Attachments:

**Lines of Business This Policy Applies To**

- ☐ DSNP  
☒ Medi-Cal  
☒ Alliance Care IHSS

**LOB Effective Dates**

(01/01/2026 - present)  
 (01/01/1996 - present)  
 (07/01/2005 - present)

**Revision History:**

Reviewed Date	Revised Date	Changes Made By	Approved By
01/15/2019	01/15/2019	Wendy Parrino, RN UM Supervisor-Prior Auth	UMWG
01/21/2020	01/21/2020	Tammy Brass, RN UM Manager-Prior Auth	UMWG
01/18/2022	01/06/2022	Lorna Metzger, RN UM/CCM Supervisor-Prior Auth	UMWG
01/17/2023	01/17/2023	Carissa Grepo, RN UM Manager - Prior Auth	UMWG
02/06/2025	02/06/2025	Lorna Metzger, RN UM Supervisor - Prior Auth	UMWG