	<b>POLICIES AND PROCEDURES</b>
<b>Policy #:</b> 404-1735	<b>Lead Department:</b> Utilization Management
<b>Title:</b> Long-Term External Cardiac Event Monitoring	
<b>Original Date:</b> 03/29/2019	<b>Policy Hub Approval Date:</b> 07/19/2019
<b>Approved by:</b> Utilization Management Work Group (UMWG)	

**Purpose:** To define the Central California Alliance for Health (the Alliance) criteria for medical necessity for long-term external cardiac event monitoring device use (Zio® Patch) for all lines of business (LOBs).


**Policy:** Long-term external cardiac event monitoring devices are considered medically necessary with the criteria outlined in this document are met (see procedures below).

#### **Definitions:**

Zio® Patch: Trade name for the commonly used long-term external cardiac event monitoring device.

#### **Procedures:**

1. Long-term external cardiac event monitoring devices are considered medically necessary in the following situations:
  - a. To diagnose an arrhythmia in persons with symptoms of syncope, presyncope, dizziness, lightheadedness, shortness of breath, palpitations, or chest pain; or to rule out potential arrhythmia as cause of TIA or Stroke, when a Holter monitor is non-diagnostic, OR;
  - b. To evaluate patients with symptoms that occur infrequently (e.g. less than daily) such that a Holter monitor will likely not provide a diagnosis, OR;
  - c. To evaluate a potentially persistent arrhythmia which may not cause symptoms or be clinically apparent within 48 hours after a radiofrequency ablation procedure for an arrhythmogenic focus
2. Long-term external cardiac event monitoring devices are contraindicated in the following patients:
  - a. 17 years of age or younger, OR;
  - b. Allergy to adhesives or hydrogels, OR;
  - c. Receiving pacing therapy, OR;
  - d. Receiving magnetic resonance imaging (MRI) or must undergo procedures near a strong magnetic field, OR;
  - e. Patients using a neurostimulator (which might affect event monitoring data), OR;
  - f. Patients requiring external cardiac defibrillators.

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3. In the event a Zio® Patch has been used in the previous of 6 weeks, the case should be routed to an Alliance Medical Director for review.

**References:**

Alliance Policies:

Impacted Departments:

Claims

Member Services

Provider Services

Regulatory:

Legislative:

Contractual:

MMCD Policy Letter:

NCQA:

Supersedes:

Other References:

Johns Hopkins Healthcare Policy CMS24.02 Long-Term External Cardiac Event Monitoring (Zio® Patch) 03.02.2018

Attachments:

**Lines of Business This Policy Applies To**

**LOB Effective Dates**

☒ Medi-Cal

(01/01/1996 – present)

☒ Alliance Care IHSS

(07/01/2005 - present)

**Revision History:**

Reviewed Date	Revised Date	Changes Made By	Approved By