Continuous glucose monitoring systems (CGMS) are minimally invasive or noninvasive devices that measure glucose levels in interstitial fluid at frequent intervals over a period of several days. CGM systems are designed to obtain information regarding diurnal patterns in glucose levels that, when evaluated in real time or reviewed retrospectively by a physician, can guide adjustments to therapy, with the goal of improving overall glycemic control. The glucose measurements provided during continuous monitoring are not intended to replace standard self-monitoring of blood glucose (SMBG) obtained using fingerstick blood samples, but can alert the patient to the need to perform SMBG (Hayes, Inc., 2007).

THC considers requests for select Continuous Glucose Monitoring Systems on a case-by-case basis when supporting documentation demonstrates medical necessity and clinical decision criteria is met. THC utilizes criteria derived from evidenced based medicine and nationally accepted Standards of Care from recognized sources such as Centers for Medicare and Medicaid, Blue Cross Blue Shield, and well established managed care organizations.

The Utilization Management Committee of Total Health Care consider authorizing a continuous glucose monitoring system for a strongly motivated diabetic member who has experienced sub-optimal control of his/her serum glucose levels despite consistent compliance with conventional medical management of their diabetes. The qualifying member would be required to be compliant with their medical management program and meet the criteria listed below.

**Administrative Criteria:**

1. Prior approval is required by THC’s medical director.
2. Requires referral from Primary Care Physician (PCP) and supporting medical documentation must accompany request. Documentation must include the following (not all inclusive):
   a. Member’s name
   b. Plan ID#
   c. Duration of symptoms
   d. Must be ordered by an endocrinologist or a nurse practitioner or physician assistant supervised by an endocrinologist.
   e. Is compliant with the physician ordered diabetic treatment plan (including regular self-monitoring and multiple alterations in insulin administration regimens).
   f. Proposed date of procedure
   g. Applicable ICD-9 and CPT-4 codes
   h. Attending provider’s name
3. Member must have current eligibility on Date of Service
4. CGMS device must be ordered through a participating DME provider.
Clinical Criteria

1. Select Continuous Glucose Monitoring Systems for short-term (up to 72 hours) diagnostic use will be considered medically necessary for persons with diabetes who have either of the following problems in controlling blood glucose level, unresponsive to conventional insulin dose adjustment:

   a. Hypoglycemia unawareness; or
   b. Repeated hypoglycemia and hyperglycemia at the same time each day.

For short-term (up to 72 hours) diagnostic use, no more than two continuous glucose monitoring periods are considered medically necessary within a 12-month period.

2. Select Continuous Glucose Monitoring Systems for long-term (greater than 72 hours) therapeutic use will be considered medically necessary as an adjunct to fingerstick testing of blood glucose:

   a. In adults aged 25 years and older with type 1 diabetes who have had recurrent episodes of severe hypoglycemia (defined as hypoglycemia (blood glucose less than 50 mg/dL) with unawareness that required assistance from another person to administer oral carbohydrate, glucagon, or other resuscitative actions) despite appropriate modifications in insulin regimen and compliance with frequent self-monitoring (at least 4 fingersticks/day).

   b. For younger persons with type 1 diabetes who have had recurrent episodes of severe hypoglycemia (defined as hypoglycemia (blood glucose less than 50 mg/dL) with unawareness that required assistance from another person to administer oral carbohydrate, glucagon, or other resuscitative actions) despite appropriate modifications in insulin regimen and compliance with frequent self-monitoring (at least 4 fingersticks/day).

   Long-term use of continuous glucose monitoring devices is considered experimental and investigational for all other indications.

Definitions:

1. Strongly Motivated

   • At least 6 monthly visits with a certified diabetic educator
   • Completes a self-blood glucose monitoring log for at least a 6 month period
   • At least 6 monthly visits with nutritionists, if weight is greater than 5% of ideal body weight
   • Participation in an exercise program/regimen

   *Members should contact the manufacturer or vendor for any needed repairs or replacements during the warranty period.

   *Replacement of Continuous Glucose Monitoring Device must not solely be for updated model or convenience.

Bibliography