



Qualified Health Plans offered in North Carolina by CareSource North Carolina Co., d/b/a CareSource

<b>ADMINISTRATIVE POLICY STATEMENT</b>	
<b>North Carolina Marketplace</b>	
Policy Name & Number	Date Effective
Cystic Fibrosis Carrier Testing-NC-MP-AD-1278	01/01/2023
Policy Type	
<b>ADMINISTRATIVE</b>	

Administrative Policy Statement prepared by CareSource and its affiliates are derived from literature based on and supported by clinical guidelines, nationally recognized utilization and technology assessment guidelines, other medical management industry standards, and published MCO clinical policy guidelines. Medically necessary services include, but are not limited to, those health care services or supplies that are proper and necessary for the diagnosis or treatment of disease, illness, or injury and without which the patient can be expected to suffer prolonged, increased or new morbidity, impairment of function, dysfunction of a body organ or part, or significant pain and discomfort. These services meet the standards of good medical practice in the local area, are the lowest cost alternative, and are not provided mainly for the convenience of the member or provider. Medically necessary services also include those services defined in any Evidence of Coverage documents, Medical Policy Statements, Provider Manuals, Member Handbooks, and/or other policies and procedures.

Administrative Policy Statements prepared by CareSource and its affiliates do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage) for the service(s) referenced in the Administrative Policy Statement. If there is a conflict between the Administrative Policy Statement and the plan contract (i.e., Evidence of Coverage), then the plan contract (i.e., Evidence of Coverage) will be the controlling document used to make the determination.

According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

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## A. Subject

### **Cystic Fibrosis Carrier Testing**

## B. Background

Cystic fibrosis is a genetic disorder that causes the body to make thick, sticky secretions that clog the lungs and other organs, such as the digestive system. More than 10 million Americans are carriers of a defective cystic fibrosis gene and show no symptoms of the disease. Cystic fibrosis is a recessive disorder. Therefore, an abnormal gene must be inherited from both parents for the child to develop the disease. Carrier testing may provide an early indication as to whether a fetus might be a carrier or might have cystic fibrosis.

## C. Definitions

- **Autosomal Recessive** - A trait or disorder requiring the presence of two copies of a gene mutation, one from each parent, at a particular locus in order to express an observable phenotype of the disorder.
- **Carrier** - An individual who exhibits a genetic change that can result in a disease or disorder. The carrier usually has no signs of the disorder but can pass the genetic variation on to his or her child who may become a carrier, not inherit the gene, or develop the disease.
- **Prenatal Testing** - Testing that is done prior to birth to identify changes in genes or chromosomes in embryos or fetuses to identify any potential genetic or chromosomal disorders.
- **Prenatal Screening** - A non-invasive process of analysis using blood to identify the risk of a fetus having a chromosome abnormality or birth defect.

## D. Policy

- I. Prior authorization is not required for cystic fibrosis genetic testing. Cystic fibrosis testing should be performed once in a lifetime.
- II. Genetic counseling is strongly suggested at the time of testing for the disorder and should be provided by a healthcare professional with knowledge, education, and training in the genetic issue relevant to this disorder.
- III. Carrier testing is appropriate for an individual who is female and who is pregnant or of reproductive age with intent and potential to procreate and has consented to the test.
- IV. Carrier testing is appropriate for an individual who is a father or prospective father and whose partner tests positive while pregnant or intending to become pregnant.
- V. Carrier testing is appropriate for an individual with a family history of cystic fibrosis.

E. Conditions of Coverage  
 N/A

F. Related Policies/Rules  
 Genetic Testing and Genetic Counseling

G. Review/Revision History

DATE		ACTION
<b>Date Issued</b>	07/20/2022	
<b>Date Revised</b>		
<b>Date Effective</b>	01/01/2023	Addition of policy section D, IV and V. Editorial changes.
<b>Date Archived</b>		

H. References

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2. Committee on Genetics. Carrier screening for genetic conditions. March 2017. American College of Obstetricians and Gynecologists. Retrieved July 6, 2022 from [www.acog.org](http://www.acog.org).
3. Cystic Fibrosis Foundation “Carrier Testing for CF” retrieved June 8, 2022 from [www.cff.org](http://www.cff.org)
4. Grody WW, Cutting GR, Klinger KW et al, and the American College of Medical Genetics Accreditation of Genetic Services Committee, Subcommittee on Cystic Fibrosis Screening. Laboratory Standards and Guidelines for Population based Cystic Fibrosis Carrier Screening. American College of Medical Genetics Policy Statements. *Genetic Med.* 2001;3(2):149-154.
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6. MCG Health Guidelines (26<sup>th</sup> Ed., 2022). Cystic fibrosis – CFTR gene and mutation panel. Retrieved from [www.careweb.careguidelines.com](http://www.careweb.careguidelines.com) on July 5, 2022.