

MEDICAL POLICY STATEMENT INDIANA MEDICAID

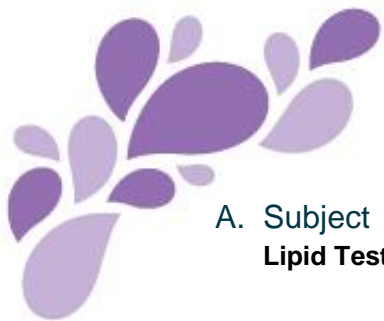
Policy Name		Policy Number	Date Effective
Lipid Testing in Assessing Risk for Cardiovascular Disease (CVD)		MM-0179	11/1/2019
Policy Type			
MEDICAL	Administrative	Pharmacy	Reimbursement

Medical Policy Statement prepared by CSMG Co. and its affiliates (including CareSource) 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.

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A. Subject

Lipid Testing in Assessing Risk for Cardiovascular Disease (CVD)

B. Background

Cardiovascular disease (CVD) is common in the United States. Estimating the risk of CVD identifies the likelihood that a member may have a future event related to CVD such as coronary heart disease, cerebrovascular disease or, peripheral artery disease.

Assessment of risk is considered the foundation for primary prevention. Assessing the member's risk includes reviewing traditional/risk enhancing factors, lifestyle factors, and member's age. A CVD risk calculator is also recommended to calculate an estimated 10 year CVD risk for asymptomatic members ages 40-75.

C. Definitions

- **Lipid Testing** - HDL (High Density Lipoprotein), LDL (Low Density Lipoprotein), Total Cholesterol and Triglycerides.
- **Traditional Risk Factors** - Hypertension, cigarette smoking, diabetes mellitus, premature family history of CVD, chronic kidney disease and obesity.
- **Risk-enhancing Factors** - Family history of premature ASCVD, primary hypercholesterolemia, metabolic syndrome, chronic kidney disease, chronic inflammatory conditions, history of premature menopause and history of pregnancy-associated conditions that increase later ASCVD risk, high risk race/ethnicity, and lipids/biomarkers.
- **Lifestyle Factors** - Nutrition, diet, exercise, and physical activity.
- **Risk Calculator** - A tool to help clinicians evaluate the 10 year and lifetime risks for CVD. It is an equation based on information such as race, gender, age, cholesterol, blood pressure, diabetes status, smoking status, and use of blood pressure medication. Examples of risk calculators can be found in the 2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk.

D. Policy

- I. Screening diagnosis Z codes must be the primary diagnosis
- II. Prior authorization is **NOT** required for lipid testing to evaluate for CVD
 - A. Baseline is recommended at ≥ 20 years of age
 - B. Low risk for CVD and no change in clinical status, testing is recommended every 4-6 years
 - C. Intermediate or greater CVD or stroke risk, testing is recommended more than every 4-6 years i.e. diabetes mellitus
- III. Conditions in which lipid testing may be indicated include:
 - A. Assessment of patients with atherosclerotic cardiovascular disease
 - B. Morbid obesity
 - C. Evaluation of primary dyslipidemia
 - D. Any form of atherosclerotic disease, or any disease leading to the formation of atherosclerotic disease
 - E. Diagnostic evaluation of diseases associated with altered lipid metabolism, such as: nephrotic syndrome, pancreatitis, hepatic disease, and hypo and hyperthyroidism.
 - F. Secondary dyslipidemia, including diabetes mellitus, disorders of gastrointestinal absorption, chronic renal failure
 - G. Signs or symptoms of dyslipidemias, such as skin lesions



- H. As follow-up to the initial screening for coronary heart disease (total cholesterol + HDL cholesterol) when total cholesterol is determined to be high (>240 mg/dL), or borderline-high (200-240 mg/dL) plus two or more coronary heart disease risk factors, or an HDL cholesterol, <35 mg/dl.
 - I. Antipsychotic Drug Monitoring
 - J. Members with severe mental illness
 - K. Severe psoriasis
- IV. Due to limited medical research, the following are non-Covered Services for screening (This is not an all-inclusive list):
- A.
 - B. Comprehensive lipid panel (e.g., VAP)
 - C. Fibrinogen
 - D. Galectin-3
 - E. HDL subclass
 - F. Homocysteine
 - G. LDL subclasses (e.g., NMR)
 - H. Lipoprotein(a) (Lp [a])
 - I. Lipoprotein-associated phospholipase A2 (Lp-PLA2 or PLAC)
 - J. Lipoprotein remnants - intermediate density lipoproteins (IDL) and small density lipoproteins)
 - K. Long-chain omega-3 fatty acids
 - L. Skin cholesterol (e.g., PREVU)

E. Conditions of Coverage

F. Related Policies/Rules

G. Review/Revision History

DATE		ACTION
Date Issued	08/12/2019	
Date Revised		
Date Effective	11/1/2019	New Policy

H. References

- i. Arnett DK, Blumenthal RS, Albert MA, Buroker AB, Goldberger ZD, Hahn EJ, Himmelfarb CD, Khera A, Lloyd-Jones D, McEvoy JW, Michos ED, Miedema MD, Muñoz D, Smith SC Jr, Virani SS, Williams KA Sr, Yeboah J, Ziaeian B. 2019 ACC/AHA guideline on the primary prevention of cardiovascular disease: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2019;000: DOI: 10.1161/CIR.0000000000000678
- ii. Wilson, Peter WF. Cardiovascular disease risk assessment for primary prevention: Our approach. 91028). Retrieved on 5/13/2019 from https://www.uptodate.com/contents/cardiovascular-disease-risk-assessment-for-primary-prevention-our-approach?topicRef=1484&source=see_link
- iii. American Heart Association. Heart-Health Screenings (2019). Retrieved on 5/13/2019 from <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/heart-health-screenings>.
- iv. Jarskog, LG and Yu, Rupal. Modifiable risk factors for cardiovascular disease in patients with severe mental illness. (2018). Retried on 5/13/2019 from <https://www.uptodate.com/contents/modifiable-risk-factors-for-cardiovascular-disease->



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- v. Rosenson, R, Stein J, and Durrington P. (2019). Lipoprotein (a) and cardiovascular disease. Retrieved on 4/11/2019 from https://www.uptodate.com/contents/lipoprotein-a-and-cardiovascular-disease?search=Apolipoprotein%20B&topicRef=4565&source=see_link
 - vi. Grundy SM, Stone NJ, Bailey AL, Beam C, Birtcher KK, Blumenthal RS, Braun LT, de Ferranti S, Faiella-Tommasino J, Forman DE, Goldberg R, Heidenreich PA, Hlatky MA, Jones DW, Lloyd-Jones D, Lopez-Pajares N, Ndumele CE, Orringer CE, Peralta CA, Saseen JJ, Smith SC Jr, Sperling L, Virani SS, Yeboah J. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2018; DOI: 10.1161/CIR.0000000000000625.
 - vii. US Preventative Services Task Force (2018). Final Recommendation Statement Cardiovascular Disease: Risk Assessment with Nontraditional Risk Factors. Retrieved on 5/13/2019 from <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/cardiovascular-disease-screening-using-nontraditional-risk-assessment>
 - viii. American Association of Clinical Endocrinologists and American College of Endocrinology Guidelines for Management of Dyslipidemia and Prevention of Cardiovascular Disease (2017). Retrieved on 5/13/2019 from <https://www.aace.com/files/lipid-guidelines.pdf>
 - ix. National Coverage Determination (NCD) for Lipid Testing (190.23).(2005, March 11)

The Medical Policy Statement detailed above has received due consideration as defined in the Medical Policy Statement Policy and is approved.

Independent medical review – 5/2019

IN-P-0739

Date Issued: 08/12/2019

OMPP Approved: 08/12/2019