

# Ambulatory ECG Monitoring

## Adjudication Guideline

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Billing

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# 1. Abstract

## 1.1 For Members

Ambulatory electrocardiogram (AECG) monitoring has been used as a diagnostic procedure in cardiology to detect and characterize arrhythmic events during daily activities of patients and to correlate symptoms with electrocardiogram (ECG) findings.

Ambulatory ECG monitoring records the heart's activity throughout that time based on the type of monitor used, whereas Routine/ Standard ECG/EKG may only last for few minutes and may not detect any heart abnormalities if they are not attached at the time of symptoms.

Current techniques used for AECG monitoring include continuous and/or intermittent external recorders, patch monitors, and implantable loop recorders.

## 1.2 For Medical Professionals

AECG monitoring include continuous and/or intermittent external recorders, patch monitors, and implantable loop recorders.

The main indications for AECG monitoring include:

- detection and characterization of arrhythmias in order to correlate them with patients' symptoms.
- diagnosis and risk stratification in specific cardiac diseases; and
- evaluation of the efficacy of pharmacological or invasive treatment of arrhythmias.

The key to the diagnostic value of ambulatory ECG monitoring is the correlation between symptoms and the timing of the arrhythmia.

- If no symptoms are present but an arrhythmia documented, there is likely an asymptomatic arrhythmia.
- If symptoms are present but no arrhythmia documented, an arrhythmia can likely be excluded as the mechanism.
- If no symptoms are present during the monitoring period and no arrhythmia documented, the test is considered non-diagnostic to the symptoms.

## 2. Scope

The scope of this adjudication rule is to highlight the medical indications, and coverage details for Ambulatory ECG Monitoring for each of health insurance plan administered by Daman as per the policy terms and conditions.

## 3. Adjudication Policy

### 3.1 Eligibility / Coverage Criteria

#### Indications:

- Use of ambulatory electrocardiography (ECG) monitors to detect arrhythmias by correlating with the symptoms.
- If the initial Holter monitoring is inconclusive due to low frequency of symptoms, a repeated Holter monitoring may not be appropriate, and second line investigations should be considered.
- Ambulatory ECG monitoring can be performed on patients under the age of 19 years (outside of this guideline's scope).
- Standard/ Routine ECG (CPT 93000, 93005,93010,93012,93014-93018) cannot be billed with any of the Ambulatory ECG services in the same encounter.
- The use of multiple forms of cardiac monitoring services (e.g., Holter monitor, other event recorder) provided to the same patient on the same day is not medically necessary.
- Standard/ Routine ECG is outside the scope of this guideline.

#### Types of Ambulatory ECG Monitoring:

1. CONTINUOUS AMBULATORY ECG MONITOR
  - Holter Monitor
2. INTERMITTENT RECORDERS
  - Event (loop) monitor
  - Patch monitor
  - Mobile cardiac outpatient telemetry (MCOT)
  - Insertable cardiac monitor

## Eligible Clinicians

Eligible Clinicians
Surgery
Anaesthesia
Family Medicine
Critical Care Medicine.
Internal Medicine
Paediatrics
Cardiology
Anaesthesiology and Critical Care Medicine
Emergency Medicine

### 3.2 Requirements for Coverage

- Failure to submit, upon request or when requesting a clinical history, indication the need for testing will result in rejection of claim.
- Kindly code the ICD-10 and the CPT codes to the highest level of specificity.
- The ICD-10 codes that indicate the need for Ambulatory ECG monitoring are mandatory for the smooth flow of the claim from submission level to payment level.

### 3.3 Non-Coverage

- Commercially available wearable heart rhythm monitors that come in the form of electronic wristbands and smartwatches, wearable heart rate and rhythm monitors are not covered under Insurance for all plans.
- Prosthesis/ Implants are NOT covered for those plans that do have the benefit in the policy.
- The use of multiple forms of cardiac monitoring services (e.g., Holter monitor, other event recorder) provided to the same patient on the same day is not medically necessary.
- Experimental and Investigational treatment.

### 3.4 Payment and Coding Rules

- Please apply regulator payment rules and regulations and relevant coding manuals for ICD, CPT, etc. Kindly code the ICD-10 and the CPT codes to the highest level of specificity.
- Other investigations must precede Ambulatory ECG Monitoring services.

## 4. Denial Codes:

Regulator denial codes with description are elaborated for reference. These are specialized codes directed by regulator, that explains the reason of rejection of the service by DAMAN to the providers.

Code	Code Description
NCOV-003	Service(s) is (are) not covered
CODE-010	Activity/diagnosis inconsistent with clinician specialty
MNEC-003 Service/ supply may be appropriate, but too frequent.	Service is not clinically indicated based on good clinical practice
MNEC-004	Service is not clinically indicated based on good clinical practice, without additional supporting diagnosis/ activities.
MNEC-005	Service/ supply may be appropriate, but too frequent.

## 5. Appendices

Additional Information

JAWDA clinical quality KPI: Not applicable

### 5.1 References

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## 5.2 Revision History

Date	Change(s)
04/04/2022	Release of V1.0
24/11/2024	Review and template change

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