If a product excludes coverage for a service, it is not covered, and medical policy criteria do not apply.  
If a commercial product (including an Essential Plan product) or a Medicaid product covers a specific service, medical policy criteria apply to the benefit.  
If a Medicare product covers a specific service, and there is no national or local Medicare coverage decision for the service, medical policy criteria apply to the benefit.
<table>
<thead>
<tr>
<th>SUBJECT: PHOTOTHERAPY FOR THE TREATMENT OF SEASONAL AFFECTIVE DISORDER</th>
<th>EFFECTIVE DATE: 09/16/99</th>
</tr>
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<tbody>
<tr>
<td>POLICY NUMBER: 1.01.24</td>
<td>REVISED DATE: 02/28/01, 02/21/02, 01/16/03, 11/20/03, 12/07/06, 10/24/07, 10/23/08, 10/28/09, 10/28/10, 12/08/11, 10/25/12, 10/24/13, 10/23/14</td>
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<tr>
<td>CATEGORY: Behavioral Health</td>
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</tbody>
</table>

There is insufficient evidence to support the use of light therapy for SAD when delivered by devices other than high intensity light boxes.

**CODES:**  
Number Description

*Eligibility for reimbursement is based upon the benefits set forth in the member’s subscriber contract.*  
CODING MAY NOT BE COVERED UNDER ALL CIRCUMSTANCES. PLEASE READ THE POLICY AND GUIDELINES STATEMENTS CAREFULLY.

Codes may not be all inclusive as the AMA and CMS code updates may occur more frequently than policy updates.

**CPT:** No specific code(s)

**HCPCS:**

- E0203 Therapeutic light box, minimum 10,000 lux, table top model
- A4634 Replacement bulb for therapeutic light box, table top model

**ICD10:**

- F31.1 Bipolar disorder, current episode hypomanic
- F31.3-F31.31 Bipolar disorder, current episode depressed, mild or moderate severity (code range)
- F31.4-F31.5 Bipolar disorder, current episode depressed, with/without psychotic symptoms (code range)
- F31.6-F31.64 Bipolar disorder, current episode mixed (code range)
- F31.70-F31.72 Bipolar disorder, full/partial remission, hypomanic/ depressed/mixed (code range)
- F31.75-F31.78
- F31.9 Bipolar disorder, unspecified
- F32.0-F32.9 Major depressive disorder, single episode (code range)
- F33.0-F33.9 Major depressive disorder, recurrent (code range)
- F34.0-F39 Mood (affective) disorders (code range)
- F60.89 Other specific personality disorders

**REFERENCES:**


*Proprietary Information of Excellus Health Plan, Inc.*


Meesters Y, et al. Low-intensity blue-enriched white light (750 lux) and standard bright light (10,000 lux) are equally effective in treating SAD. A randomized controlled trial. BMC Psychiatry 2011 Jan 28;11:17.


* Key article
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KEY WORDS:
Light therapy, Phototherapy, SAD, Seasonal affective disorder.

CMS COVERAGE FOR MEDICARE PRODUCT MEMBERS

Based on our review, there is no specific regional or national coverage determination addressing phototherapy light devices for the treatment of depression.