



**BlueCross BlueShield  
of Illinois**

# Blue Cross and Blue Shield of Illinois Provider Manual

## HMO Scope of Benefits Section

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association

# Cardiac Rehabilitation

## Benefit

Phase One and Phase Two Cardiac rehabilitation therapies are covered benefits under the conditions outlined below. Phase Three is not in benefit.

## Interpretation

Cardiac rehabilitation programs offer a structured approach to progressive increase in exercise tolerance for members with a variety of cardiac conditions. Many facilities provide cardiac rehabilitation care through formal organized cardiac rehabilitation programs. The degree of rehabilitative services and treatment modalities vary. Cardiac rehabilitation is traditionally divided into three phases. Phase one begins as soon as possible while the member is still hospitalized and continues until discharge. Phase two consists of medically supervised sessions conducted up to three times a week. Most programs have a maximum of 36 sessions for 30-60 minutes per session during the initial 6 months after hospital discharge. Phase three consists of life-long behavioral changes to promote exercise and a healthier lifestyle. Phase three is not in benefit. Cardiac rehabilitation for general strengthening and conditioning is not a covered benefit in the absence of cardiac disease.

The IPA physician's expectation that the member will improve within 60 days is the key to determining whether or not services are in benefit. Referrals for covered cardiac rehabilitation services should not be denied unless there is documentation that the PCP does not anticipate significant improvement within 60 days.

Cardiac rehabilitation is in benefit when the PCP refers the member for the service.

Typically, the member must have had one or more of the following:

- Acute myocardial infarct
- Coronary artery bypass
- Cardiac transplantation
- Cardiac valve surgery
- Percutaneous transluminal angioplasty (PTCA)
- Thrombolysis for coronary artery occlusion
- Stable angina
- Cardiac decompensation (CHF or "heart failure")

Facilities with cardiac rehabilitation programs may at times use ancillary services, such as psychological or dietary services. They may also provide services to members who have non-cardiac medical conditions. Benefits for ancillary services to cardiac members, or services given in a cardiac rehabilitation program to non-cardiac members, should not be billed as cardiac rehabilitation. Such services should be considered for benefit under whatever additional certificate provision might apply.

<b>Paid by</b>	Professional Charges	<b>IPA</b>
	Inpatient and/or Outpatient Surgical Facility Charges	<b>HMO</b>
	Outpatient Facility Charges	<b>IPA</b>
	Phase Three rehabilitation	<b>Member</b>

**Note:** Cardiac Rehabilitation services do not count towards the PT/ST/OT benefit limit.