



**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

# Pulmonary Rehabilitation

## Benefit

Pulmonary rehabilitation therapy is a covered benefit.

## Interpretation

Pulmonary rehabilitation programs offer a structured approach to progressive increase in exercise tolerance for members with pulmonary disease. Chronic obstructive pulmonary disease is the prototypical condition for which pulmonary rehabilitation is typically recommended, although it may be appropriate for a range of moderate to severe pulmonary conditions. A typical course of pulmonary rehabilitation consists of a single course of 36 hours of medically-supervised therapy over a period of 6 weeks, although the degree of rehabilitative services and treatment modalities do vary.

Pulmonary rehabilitation is in benefit when the PCP determines medical necessity and refers the member for the service. The PCP's expectation that the member will improve over this period is the key to determining whether or not services are in benefit.

Facilities with pulmonary rehabilitation programs may at times use ancillary services, such as psychological or dietary services. They may also provide services to members who have non-pulmonary medical conditions. Benefits for ancillary services to these members, or services given in a pulmonary rehabilitation program to members without pulmonary disease, should not be billed as pulmonary rehabilitation. Such services should be considered for benefit under whatever additional certificate provision might apply.

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

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