



**BlueCross BlueShield
of Illinois**

Blue Cross and Blue Shield of Illinois Provider Manual

HMO Scope of Benefits Section 2020

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

Biofeedback Therapy

Benefit

Biofeedback is in benefit for muscle re-education of specific muscle groups or for treating pathological muscle abnormalities of spasticity, incapacitating muscle spasm or weakness.

Interpretation

Biofeedback is a therapeutic technique and training experience, by which the member is taught to exercise control over a physiologic process occurring in the body. Biofeedback therapy often uses electrical devices to transform body signals indicative of such functions as heart rate, blood pressure, skin temperature, salivation, peripheral vasomotor activity, and gross muscle tone, into sound or light, the loudness or brightness of which shows the extent of activity in the functions being measured. Such visual, auditory or other evidence aids the member in efforts to assert voluntary control over the functions, and thereby alleviate an abnormal body condition or symptom.

Biofeedback is typically provided in conjunction with behavior modification and relaxation techniques. Clinical studies that document that biofeedback is superior to behavior modification and relaxation exercises alone have been difficult to design and carry out. Biofeedback may have added benefit when muscle re-education is a predominant factor for obtaining an improved clinical outcome.

Using the above criteria, biofeedback would rarely be expected to provide added therapeutic benefit for the following conditions:

- Anxiety Disorders
- Asthma
- Hypertension
- Headaches
- Insomnia
- Raynaud's Syndrome

Paid by	Professional Charges	IPA
	Equipment Charges	HMO
	Facility Charges	IPA

Coverage Variation

Benefit plan DIRPI: Equipment charges excluded.