



MASSACHUSETTS

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Medical Policy Nutrient/Nutritional Panel Testing

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Policy Number: 745

BCBSA Reference Number: 2.04.136

NCD/LCD: N/A

Related Policies

- Homocysteine Testing in the Screening, Diagnosis, and Management of Cardiovascular Disease, #016
- Intracellular Micronutrient Analysis, #073
- Cardiovascular Risk Panels, #664

Policy

Commercial Members: Managed Care (HMO and POS), PPO, and Indemnity Medicare HMO BlueSM and Medicare PPO BlueSM Members

Nutrient/nutritional panel testing is considered **INVESTIGATIONAL** for all indications including but not limited to testing for nutritional deficiencies in patients with mood disorders, fibromyalgia, unexplained fatigue and healthy individuals.

Prior Authorization Information

Inpatient

- For services described in this policy, precertification/preauthorization **IS REQUIRED** for all products if the procedure is performed **inpatient**.

Outpatient

- For services described in this policy, see below for products where prior authorization **might be required** if the procedure is performed **outpatient**.

	Outpatient
Commercial Managed Care (HMO and POS)	This is not a covered service.
Commercial PPO and Indemnity	This is not a covered service.
Medicare HMO BlueSM	This is not a covered service.
Medicare PPO BlueSM	This is not a covered service.

CPT Codes / HCPCS Codes / ICD Codes

Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage as it applies to an individual member.

Providers should report all services using the most up-to-date industry-standard procedure, revenue, and diagnosis codes, including modifiers where applicable.

CPT Codes

There are no specific CPT codes.

Description

Nutritional panel testing aims to identify nutritional deficiencies that will lead to personalized nutritional supplement recommendations. Testing is proposed both for healthy individuals to optimize health and for patients with chronic conditions (eg, mood disorders, fibromyalgia, chronic fatigue) to specify supplements that will ameliorate symptoms.

Genova Diagnostics offers nutritional/nutrient panel testing. Among tests this company offers is NutrEval FMV, which involves analysis of urine and blood samples and provides information on more than 100 markers including organic acids, amino acids, fatty acids, markers of oxidative stress (direct measurement of glutathione and CoQ10, and markers of oxidative injury and DNA damage) and nutrient elements (see Table 1).¹

Genova Diagnostics produces a report that includes test results categorized as normal, borderline, and high need, along with recommendations for supplements and dosages for items categorized as high need. NutrEval FMV patient reports can recommend supplementation or any of the nutrients listed in Table 1 if they are found to be areas of high need.

A related test, the ONE (Optimal Nutritional Evaluation) FMV also by Genova Diagnostics, limits testing to the organic acid, amino acid, and oxidative stress marker categories.

SpectraCell Laboratories offers a micronutrient test that measures functional deficiencies at the cellular level. The test assesses how well the body uses 33 vitamins, minerals, amino and fatty acids, antioxidants, and metabolites (see Table 1). SpectraCell categorizes test results into adequate, borderline, and deficient, and offers supplementation suggestions based on each patient's deficiencies.

Table 1. Components of the NutrEval FMV Test

Category	NutrEval	SpectraCell Nutrient Testing
B vitamins	Thiamin B ₁ , riboflavin B ₂ , niacin B ₃ , pyridoxine B ₆ , biotin B ₇ , folic acid B ₉ , cobalamin B ₁₂	Vitamin A, vitamin B ₁ , vitamin B ₂ , vitamin B ₃ , vitamin B ₆ , vitamin B ₁₂ , biotin, folate, pantothenate, vitamin C, vitamin D, vitamin K
Minerals	Magnesium, manganese, molybdenum, zinc	Calcium, magnesium, manganese, zinc, copper
Fatty acids	Omega-3-oils	Oleic acid
Digestive support	Probiotics, pancreatic enzymes	
Other vitamins	Vitamin D	

Amino acids	Arginine, asparagine, cysteine, glutamine, glycine, histidine, isoleucine, leucine, lycine, methionine, phenylalanine, serine, taurine, threonine, tryptophan, tyrosine, valine	Asparagine, glutamine, serine
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Summary

Multimarker nutritional panel testing is proposed for patients with certain chronic conditions (eg, mood disorders, fibromyalgia, unexplained fatigue) as well as for healthy individuals seeking to optimize health and/or fitness.

For individuals who have mood disorders, fibromyalgia, or unexplained fatigue, or healthy individuals who seek to optimize health and fitness who receive nutritional panel testing, the evidence includes several systematic reviews on the association between a single condition and a single nutrient and on the treatment of specific conditions with nutritional supplements. The relevant outcomes are symptoms, change in disease status, and functional outcomes. There was no evidence of associations between fibromyalgia or unexplained fatigue and nutrient deficiencies. Systematic reviews have found statistically significant associations between depression and levels of several nutrients; however, there is no evidence that nutrient supplementation for patients with depression improves health outcomes. Also, there is no direct evidence on the health benefits of nutritional panel testing for any condition, including testing healthy individuals, and no evidence that nutritional panel testing is superior to testing for individual nutrients for any condition. The evidence is insufficient to determine the effects of the technology on health outcomes.

Policy History

Date	Action
1/2020	BCBSA National medical policy review. Description, summary and references updated. Policy statements unchanged.
2/2019	BCBSA National medical policy review. Description, summary and references updated. Policy statements unchanged.
3/2018	New references added from BCBSA National medical policy.
1/2016	New medical policy describing investigational indications. Effective 1/1/2016.

Information Pertaining to All Blue Cross Blue Shield Medical Policies

Click on any of the following terms to access the relevant information:

[Medical Policy Terms of Use](#)

[Managed Care Guidelines](#)

[Indemnity/PPO Guidelines](#)

[Clinical Exception Process](#)

[Medical Technology Assessment Guidelines](#)

References

1. Genova Diagnostics. NutrEval FMV. 2015; <https://www.gdx.net/product/nutreval-fmv-nutritional-test-blood-urine>. Accessed November 1, 2018.
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11. U.S. Preventive Services Task Force (USPSTF). Iron Deficiency Anemia: Screening. 2006; <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/iron-deficiency-anemia-screening>. Accessed November 1, 2018.
12. U.S. Preventive Services Task Force (USPSTF). Vitamin D Deficiency: Screening. 2014; <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/vitamin-d-deficiency-screening>. Accessed November 1, 2018.