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
Pre-service approval is required for all inpatient services for all products.
See below for situations where prior authorization may be required or may not be required.
Yes indicates that prior authorization is required.
No indicates that prior authorization is not required.
N/A indicates that this service is primarily performed in an inpatient setting.

<table>
<thead>
<tr>
<th></th>
<th>Outpatient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercial Managed Care (HMO and POS)</td>
<td>This is not a covered service.</td>
</tr>
<tr>
<td>Commercial PPO and Indemnity</td>
<td>This is not a covered service.</td>
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<tr>
<td>Medicare HMO BlueSM</td>
<td>This is not a covered service.</td>
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<tr>
<td>Medicare PPO BlueSM</td>
<td>This is not a covered service.</td>
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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 otherwise healthy individuals to optimize health and for patients with chronic conditions such as mood disorders, fibromyalgia and chronic fatigue to specify supplements that will ameliorate symptoms.

At least 1 company, Genova Diagnostics, offers nutritional/nutrient panel testing. Among tests offered by this company is the NutrEval® FMV test, 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).

The company produces a report that includes test results divided into the categories normal, borderline and high need, along with recommendations for supplements and dosages for items categorized as high need. NutriEval® FMV patient reports can recommend supplementation or any of the following nutrients, if they are found to be areas of high need.

Table 1. Components of the NutrEval Test

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrients</th>
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<tbody>
<tr>
<td>B vitamins</td>
<td>Thiamin B&lt;sub&gt;1&lt;/sub&gt;, riboflavin B&lt;sub&gt;2&lt;/sub&gt;, niacin B&lt;sub&gt;3&lt;/sub&gt;, pyridoxine B&lt;sub&gt;6&lt;/sub&gt;, biotin B&lt;sub&gt;7&lt;/sub&gt;, folic acid B&lt;sub&gt;9&lt;/sub&gt;, cobalamin B&lt;sub&gt;12&lt;/sub&gt;</td>
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<tr>
<td>Minerals</td>
<td>Magnesium, manganese, molybdenum, zinc</td>
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<tr>
<td>Essential fatty acids</td>
<td>Omega-3-oils</td>
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<tr>
<td>Digestive support</td>
<td>Probiotics, pancreatic enzymes</td>
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<tr>
<td>Other vitamins</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>Amino acids</td>
<td>Arginine, asparagine, cysteine, glutamine, glycine, histidine, isoleucine, leucine, lycine, methionine, phenylalanine, serine, taurine, threonine, tryptophan, tyrosine, valine</td>
</tr>
</tbody>
</table>

A related test, the ONE (Optimal Nutritional Evaluation) FMV™, involves testing limited to the organic acid, amino acid, and oxidative stress markers categories.

Summary
The evidence for nutritional panel testing in patients who have mood disorders, fibromyalgia, or unexplained fatigue includes several systematic reviews on the association between a single condition and a single nutrient and on treatment of specific conditions with nutritional supplements. 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 found statistically significant associations between depression and levels of several nutrients; however, there was no evidence that treatment of depressed patients with nutrient supplementation improved health outcomes. In addition, there was no direct evidence on 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tr>
<td>3/2018</td>
<td>New references added from BCBSA National medical policy.</td>
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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
6. Daniel D, Pirotta MV. Fibromyalgia--should we be testing and treating for vitamin D deficiency? *Aust Fam Physician*. Sep 2011;40(9):712-716. PMID 21894281