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 Blue℠ and Medicare PPO Blue℠ 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.

<table>
<thead>
<tr>
<th>Commercial Managed Care (HMO and POS)</th>
<th>Outpatient</th>
<th>This is not a covered service.</th>
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<tbody>
<tr>
<td>Commercial PPO and Indemnity</td>
<td>Outpatient</td>
<td>This is not a covered service.</td>
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<tr>
<td>Medicare HMO Blue℠</td>
<td>Outpatient</td>
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<tr>
<td>Medicare PPO Blue℠</td>
<td>Outpatient</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 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).

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

<table>
<thead>
<tr>
<th>Category</th>
<th>NutrEval</th>
<th>SpectraCell Nutrient Testing</th>
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<tbody>
<tr>
<td>B vitamins</td>
<td>Thiamin B₁, riboflavin B₂, niacin B₃, pyridoxine B₆, biotin B₇, folic acid B₉, cobalamin B₁₂</td>
<td>Vitamin A, vitamin B₁, vitamin B₂, vitamin B₃, vitamin B₆, vitamin B₁₂, biotin, folate, pantothenate, vitamin C, vitamin D, vitamin K</td>
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<tr>
<td>Minerals</td>
<td>Magnesium, manganese, molybdenum, zinc</td>
<td>Calcium, magnesium, manganese, zinc, copper</td>
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<tr>
<td>Fatty acids</td>
<td>Omega-3-oils</td>
<td>Oleic acid</td>
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<tr>
<td>Digestive support</td>
<td>Probiotics, pancreatic enzymes</td>
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</table>
Other vitamins

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

Vitamin D

Asparagine, glutamine, serine

**Summary**

Multimarker nutritional panel testing is proposed for patients with certain chronic conditions (e.g., 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**

<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**

7. 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