

## Medication Assisted Treatment for Opioid Use Disorder: Methadone

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<b>Approved By:</b>	Highmark Health Options – Market Leadership
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<b>Page Number(s):</b>	1 of 6

### Disclaimer

Highmark Health Options medical policy is intended to serve only as a general reference resource regarding coverage for the services described. This policy does not constitute medical advice and is not intended to govern or otherwise influence medical decisions.

### POLICY STATEMENT

Highmark Health Options may provide coverage under medical surgical benefits of the Company's Medicaid products for medically necessary medication assisted treatment for opioid use disorder, methadone.

This policy is designed to address medical necessity guidelines that are appropriate for the majority of individuals with a particular disease, illness or condition. Each person's unique clinical circumstances warrant individual consideration, based upon review of applicable medical records.

The qualifications of the policy will meet the standards of the National Committee for Quality Assurance (NCQA) and the Delaware Department of Health and Social Services (DHSS) and all applicable state and federal regulations.

### DEFINITIONS

**Highmark Health Options (HHO)** – Managed care organization serving vulnerable populations that have complex needs and qualify for Medicaid. Highmark Health Options members include individuals and families with low income, expecting mothers, children, and people with disabilities. Members pay nothing to very little for their health coverage. Highmark Health Options currently services Delaware Medicaid: Delaware Healthy Children Program (DHCP) and Diamond State Health Plan Plus members.

**Opioid Use Disorder** – A substance use disorder characterized by a problematic pattern of opioid use that causes clinically significant impairment or distress.

**Methadone hydrochloride** – A synthetic narcotic analgesic with multiple actions quantitatively similar to those of morphine. Its principal use is detoxification or maintenance in opiate addiction (heroin or other morphine-like drugs).

## PROCEDURES

Medication Assisted Treatment (MAT) for opioid use disorder (opioid dependence) may be considered medically necessary for adults when ALL of the following indications are met:

- Current diagnosis of opioid use disorder, duration greater than one (1) year; and
- Individuals are greater than or equal to 18 years of age; and
- Presence of moderate (4-5 symptoms) to severe (6 or more symptoms) opioid use disorder (refer to chart); and
- Capable of providing informed consent; and
- If pregnant, the individual must be under the supervision of an obstetrician.

**Note:** The program physician may waive the requirement of a one (1) year history of addiction for individuals released from penal institutions (within 6 months after release), for pregnant individuals, and for previously treated individuals (up to 2 years after discharge).

All other indications are considered not medically necessary

MAT for opioid use disorder may be considered medically necessary for individuals less than 18 years of age when **ALL** of the following indications are met:

- Current diagnosis of opioid use disorder, duration greater than one (1) year; and
- A completed and signed Food and Drug Administration (FDA) consent for methadone treatment by parent, legal guardian, or responsible adult designated by the relevant State authority; and
- Presence of moderate (4-5 symptoms) to severe (6 or more symptoms) opioid use disorder (refer to chart); and
- History of at least two (2) prior unsuccessful detoxification efforts or drug-free treatment within a 12-month period; and
- If pregnant, the individual must be under the supervision of an Obstetrician.

**Note:** The program physician may waive the requirement of a one (1) year history of addiction for individuals released from penal institutions (within 6 months after release), for pregnant individuals, and for previously treated individuals (up to 2 years after discharge).

All other indications are considered not medically necessary.

Professional practitioners must acquire and maintain valid certifications and valid DEA registration number to legally dispense and prescribe methadone treatment.

## Opioid Use Disorder Symptoms

### Severity of opioid use disorder categories:

Mild: Presence of 1-2 symptoms

Moderate: Presence of 4-5 symptoms

Severe: Presence of 6 or more symptoms

- Opioids are often taken in larger amounts or over a longer period than was intended.
- A great deal of time is spent in activities necessary to obtain the opioid, use the opioid, or recover from its effects.
- A great deal of time is spent in activities necessary to obtain the opioid, use the opioid, or recover from its effects.
- Craving, or a strong desire or urge to use opioids.

- Recurrent opioid use resulting in a failure to fulfill major role obligations at work, school, or home.
- Continued opioid use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of opioids.
- Important social, occupational, or recreational activities are given up or reduced because of opioid use.
- Continued opioid use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance.
- Tolerance, as defined by either of the following:
  - A need for markedly increased amounts of opioids to achieve intoxication or desired effect; or
  - A markedly diminished effect with continued use of the same amount of an opioid. (Note: This criterion is not considered to be met for those taking opioids solely under appropriate medical supervision).
- Withdrawal, as manifested by either of the following:
  - The characteristic opioid withdrawal syndrome; or
  - Opioids (or a closely related substance) are taken to relieve or avoid withdrawal symptoms.

American Psychiatric Association. Diagnostic and statistical manual of mental disorders (DSM-5). 5th ed. Washington, DC: American Psychiatric Publishing; 2013.

**NOTE: Dosage** recommendations per the FDA label.

### Post-payment Audit Statement

The medical record must include documentation that reflects the medical necessity criteria and is subject to audit by Highmark Health Options at any time pursuant to the terms of your provider agreement.

### Place of Service

MAT for opioid dependence: Methadone is typically an outpatient procedure which is only eligible for coverage as an inpatient procedure in special circumstances, including, but not limited to, the presence of a comorbid condition that would require monitoring in a more controlled environment such as the inpatient setting.

### CODING REQUIREMENTS

CPT codes	Description
H0020	Alcohol and/or drug services; methadone administration and/or service (provision of the drug by a licensed program).

### Covered diagnosis codes for procedure code: H0020 and S0109

F11.10	F11.11	F11.120	F11.121	F11.122	F11.129	F11.14
F11.150	F11.151	F11.159	F11.181	F11.182	F11.188	F11.19
F11.20	F11.21	F11.220	F11.221	F11.222	F11.229	F11.23
F11.24	F11.250	F11.251	F11.259	F11.281	F11.282	F11.288
F11.29	F11.90	F11.920	F11.921	F11.922	F11.929	F11.93
F11.94	F11.950	F11.951	F11.959	F11.981	F11.982	F11.988
F11.99	T40.0X1A	T40.0X1D	T40.0X1S	T40.0X2A	T40.0X2D	T40.0X2S
T40.0X3A	T40.0X3D	T40.0X3S	T40.0X4A	T40.0X4D	T40.0X4S	T40.0X5D

T40.0X5S	T40.1X1A	T40.1X1D	T40.1X1S	T40.1X2A	T40.1X2D	T40.1X2S
T40.1X3A	T40.1X3D	T40.1X3S	T40.1X4A	T40.1X4D	T40.1X4S	T40.2X1A
T40.2X1D	T40.2X1S	T40.2X2A	T40.2X2D	T40.2X2S	T40.2X3A	T40.2X3D
T40.2X3S	T40.2X4A	T40.2X4D	T40.2X4S	T40.2X5A	T40.2X5D	T40.2X5S
T40.3X1A	T40.3X1D	T40.3X1S	T40.3X2A	T40.3X2D	T40.3X2S	T40.3X3A
T40.3X3D	T40.3X3S	T40.3X4A	T40.3X4D	T40.3X4S	T40.3X5A	T40.3X5D
T40.3X5S	T40.3X6A	T40.3X6D	T40.3X6S	T40.411A	T40.411D	T40.411S
T40.412A	T40.412D	T40.412S	T40.413A	T40.413D	T40.413S	T40.414A
T40.414D	T40.414S	T40.415A	T40.415D	T40.415S	T40.416A	T40.416D
T40.416S	T40.421A	T40.421D	T40.421S	T40.422A	T40.422D	T40.422S
T40.423A	T40.423D	T40.423S	T40.424A	T40.424D	T40.424S	T40.425A
T40.425D	T40.425S	T40.426A	T40.426D	T40.426S	T40.491A	T40.491D
T40.491S	T40.492A	T40.492D	T40.492S	T40.493A	T40.493D	T40.493S
T40.494A	T40.494D	T40.494S	T40.495A	T40.495D	T40.495S	T40.496A
T40.496D	T40.496S	T40.601A	T40.601D	T40.601S	T40.602A	T40.602D
T40.602S	T40.603A	T40.603D	T40.603S	T40.604A	T40.604D	T40.604S
T40.605A	T40.605D	T40.605S	T40.691A	T40.691D	T40.691S	T40.692A
T40.692D	T40.692S	T40.693A	T40.693D	T40.693S	T40.694A	T40.694D
T40.694S	T40.695A	T40.695D	T40.695S	Z76.0	Z79.899	

## REIMBURSEMENT

Participating facilities will be reimbursed per their Highmark Health Options contract.

## SUMMARY OF THE LITERATURE

### Substance Abuse and Mental Health Service Administration (SAMHSA)

Federal legislation, regulations, and guidelines govern MAT for opioid addiction. SAMHSA's Division of Pharmacologic Therapies (DPT), part of the SAMHSA Center for Substance Abuse Treatment (CSAT), oversees accreditation standards and certification processes for OTPs. DPT also works with the DEA and the states to regulate certain medications used in MAT. Additionally, DPT works directly with MAT professionals to improve treatment outcomes and to meet regulatory criteria.

### Centers for Disease Control and Prevention (CDC): CDC Guideline for Prescribing Opioids for Chronic Pain

When prescribing opioids for chronic pain, clinicians should use drug testing before starting opioid therapy and consider drug testing at least annually to assess for prescribed medications as well as other controlled prescription drugs and illicit drugs.

### 42 CFR 8.12 - Federal opioid treatment standards

A OTPs organizational structure and facilities shall be adequate to ensure quality patient care and to meet the requirements of all pertinent Federal, State, and local laws and regulations. At a minimum, each OTP shall formally designate a program sponsor and medical director. The program sponsor shall agree on behalf of the OTP to adhere to all requirements set forth in this part and any regulations regarding the use of opioid agonist treatment medications in the treatment of opioid use disorder which may be promulgated in the future. The medical director shall assume responsibility for administering all medical services performed by the OTP. In addition, the medical director shall be responsible for ensuring that the OTP is in compliance with all applicable Federal, State, and local laws and regulations.

## References

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Allemann S, Dürsteler K, Strasser J, et al. Novel remote electronic medication supply model for opioid-dependent outpatients with polypharmacy—first long-term case study. *Harm Reduction Journal*. 2017; 14:56.

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**POLICY UPDATE HISTORY**

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