

MEDICAL POLICY – 2.01.540

Biofeedback for Incontinence

Ref. Policy: MP-123

Effective Date: July 1, 2024

Last Revised: June 24, 2024

Replaces: N/A

RELATED MEDICAL POLICIES:

None

Select a hyperlink below to be directed to that section.

[POLICY CRITERIA](#) |
 [CODING](#) |
 [RELATED INFORMATION](#)
[EVIDENCE REVIEW](#) |
 [REFERENCES](#) |
 [HISTORY](#)

∞ Clicking this icon returns you to the hyperlinks menu above.

Introduction

Incontinence is the involuntary leakage of urine or stool from the bladder or bowel. Types of urinary incontinence include stress incontinence, urge incontinence, overflow incontinence, or mixed incontinence. Fecal incontinence can include gas, liquid, or solid. Biofeedback is a type of treatment for incontinence that involves re-training muscles to help people take control of their bladder or bowel functioning. This policy describes when biofeedback for urinary or fecal incontinence in children and adults may be considered medically necessary.

Note: The Introduction section is for your general knowledge and is not to be taken as policy coverage criteria. The rest of the policy uses specific words and concepts familiar to medical professionals. It is intended for providers. A provider can be a person, such as a doctor, nurse, psychologist, or dentist. A provider also can be a place where medical care is given, like a hospital, clinic, or lab. This policy informs them about when a service may be covered.

Policy Coverage Criteria

Service	Medical Necessity
Biofeedback for the treatment of incontinence	Biofeedback for the treatment of incontinence may be considered medically necessary for the following indications:

Service	Medical Necessity
	<ul style="list-style-type: none"> • Adult (individuals 18 years of age and older) - Biofeedback for urinary incontinence and fecal incontinence/constipation when all of the following criteria are met: <ul style="list-style-type: none"> ○ Treatment is billed by a practitioner according to their scope of practice for a diagnosis of urinary incontinence or fecal incontinence/constipation. ○ Potential treatable problems should be identified and treatment implemented prior to biofeedback therapy. ○ Coverage includes treatment of urinary stress and/or urge incontinence and fecal incontinence/constipation in cognitively intact individuals. ○ Individual has failed a documented trial of 4 weeks of an ordered plan of pelvic muscle exercises (PME), designed to increase periurethral muscle strength. • Pediatric (individuals between 5 years of age and 18 years of age) – Biofeedback for dysfunctional elimination syndrome: <ul style="list-style-type: none"> ○ Biofeedback for pediatric individuals must be prescribed by the urologist and performed by the practitioner according to their scope of practice for the treatment of any of the following conditions associated with bladder dysfunction: <ul style="list-style-type: none"> ▪ Nocturnal enuresis ▪ Staccato voiding ▪ Bladder-sphincter dyssynergia ▪ Recurrent urinary tract infections when all of the following criteria are met: <ul style="list-style-type: none"> ▫ Physical limitations such as a kidney infection, diabetes, or defects in the urinary system have been ruled out. ▫ Medications and other conservative measures to address this problem have not reduced or eliminated the issue. ▫ Dysfunctional elimination (bedwetting) occurs nightly. <p>Note: See Related Information below for Limitations</p>



Coding

Code	Description
CPT	
90901	Biofeedback training by any modality
90912	Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry, when performed; initial 15 minutes of one-on-one physician or other qualified health care professional contact with the patient
90913	Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry, when performed; each additional 15 minutes of one-on-one physician or other qualified health care professional contact with the patient (List separately in addition to code for primary procedure)
ICD-10 Codes Covered if Selection Criteria are Met	
G83.4	Cauda equine syndrome
K59.00-K59.09	Constipation
K59.4	Anal spasm
N31.2	Flaccid neuropathic bladder, not elsewhere classified
N31.9	Neuromuscular dysfunction of bladder
N36.42	Intrinsic sphincter deficiency (ISD)
N36.43	Post-void dribbling
N36.44	Muscular disorders of urethra
G83.4	Cauda equine syndrome
N36.8	Other specified disorders of urethra
N39.3	Stress incontinence (female) (male)
N39.41	Urge incontinence
N39.42	Incontinence without sensory awareness
N39.43	Post-void dribbling
N39.44	Nocturnal enuresis
N39.45	Continuous leakage
N39.46	Mixed incontinence
N39.490	Overflow incontinence



Code	Description
R15.0-R15.9	Fecal incontinence
R33.0	Drug induced retention of urine
R33.8-R33.9	Retention of urine
R35.0	Frequency of micturition
R39.14	Feeling of incomplete bladder emptying
R39.15	Urgency of urination
ICD-10 Codes Covered if Selection Criteria are Met	
N13.70-N13.739	Vesicoureteral reflux
N32.81	Overactive bladder
N36.41-N36.44	Sphincter disorders/ deficiency
N39.0	Urinary tract infection, site not specified
N39.44	Nocturnal enuresis

Note: CPT codes, descriptions and materials are copyrighted by the American Medical Association (AMA). HCPCS codes, descriptions and materials are copyrighted by Centers for Medicare Services (CMS).

Related Information

Limitations

Adult (individuals 18 years of age and older) - Biofeedback for urinary incontinence and fecal incontinence/constipation:

- Home use of biofeedback therapy is not covered.
- Biofeedback training in a group setting is not covered.
- Biofeedback therapy is limited to up to six treatments per six months per condition.

Appropriate candidates for biofeedback training include:

- Capable of participating in the treatment plan (physically as well as intellectually)
- Motivated to actively participate in the treatment plan, including being responsive to care requirements



- Have a condition that can be appropriately treated with biofeedback

Pediatric (individuals between five years of age and 18 years of age) – Biofeedback for dysfunctional elimination syndrome

Biofeedback therapy should not be a treatment for any of the following conditions/symptoms and will not be covered:

1. This is not a treatment option for children under five years of age.
2. Unusual straining during urination or a small or narrow stream of urine or dripping may be a sign of other physical problems.
3. Cloudy or pink urine, or bloodstains on underwear or night clothes.

Other limitations include:

- a. Treatment is limited to ten sessions per lifetime.
- b. No coverage provided for the electromyography (EMG) biofeedback device.
- c. Biofeedback therapy for encopresis or constipation in children is considered experimental and investigative.

Evidence Review

Background

Centers for Medicare and Medicaid Services (CMS) defines fecal incontinence as the involuntary loss of stool (gas, liquid or solid). Fecal incontinence is caused by a disruption of the normal function of both the lower digestive tract and the nervous system. Fecal incontinence can be caused by several factors:

- Constipation
- Damage to the anal sphincter muscle (e.g., childbirth or hemorrhoid surgery)
- Damage to the nerves of the anal sphincter muscles of the rectum (e.g., childbirth, straining to pass stool, stroke, physical disability due to injury, diabetes or multiple sclerosis)
- Loss of the storage capacity in the rectum



- Diarrhea
- Pelvic floor dysfunction

CMS defines urinary incontinence as the involuntary leakage of urine. Male and females have different risk factors in developing urinary incontinence. The risk of urinary incontinence increases with age in both men and women, but women are more likely to develop urinary incontinence due to anatomical differences in the pelvic region and due to changes caused by pregnancy and childbirth. There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Overflow incontinence
- Mixed incontinence

Biofeedback training of the pelvic muscles uses an electronic or mechanical device to relay visual and/or auditory evidence of pelvic floor muscle activity in order to improve awareness and control of pelvic floor muscle contractions. Biofeedback may include measurement of muscle contraction through surface EMG, vaginal or rectal sensors, and/or rectal manometry devices. Such services when performed for biofeedback monitoring are part of the biofeedback service.

References

1. Bassotti G, Chistolini F, Sietchiping-Nzepa F, et al. Biofeedback for pelvic floor dysfunction in constipation. *BMJ* 2004 Feb; 328(7436): 393-396 <http://www.bmj.com/content/328/7436/393?view=long&pmid=14962877>. Accessed May 21, 2024.
2. Centers for Medicare & Medicaid Services (CMS). Local Coverage Determination (LCD) No. L35486. Pelvic Floor Dysfunction: Anorectal Manometry and EMG. Effective Date: 10/01/2015. Revision Effective Date: 10/26/2023. <https://www.cms.gov/medicare-coverage-database/view/lcd.aspx?lcdid=35486&ver=20&bc=0>. Accessed May 21, 2024. . Accessed November 22, 2023.
3. Centers for Medicare & Medicaid (CMS). National Coverage Determination (NCD) No. 30.1.1. Biofeedback Therapy for the Treatment of Urinary Incontinence. Effective Date: 07/01/2001. <http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=42&ncdver=1&DocID=30.1.1&SearchType=Advanced&bc=IAAAAAGAAAAAA%3d%3d&>. Accessed May 21, 2024.
4. Desantis DJ, Leonard MP, Preston MA, et al. Effective of biofeedback for dysfunctional elimination syndrome in pediatrics: a systemic review. *J Pediatr Urology*. 2011 Jun; 7(3): 342-348. <http://www.ncbi.nlm.nih.gov/pubmed/21527216>. Accessed May 21, 2024.



5. Palmer LS, Biofeedback in the management of urinary continence in children. *Curr Urology Rep.* 2010 Mar; 11(2): 122-127. <http://www.ncbi.nlm.nih.gov/pubmed/20425100>. Accessed May 21, 2024.
6. Porena M., Constantini E., Rociola W, et al. Biofeedback successfully cures detrusor-sphincter dyssynergia in pediatric patients. *J.Urol.* 2000, June: 162(6); 1927-1931. <http://www.ncbi.nlm.nih.gov/pubmed/10799231>. Accessed May 21, 2024.
7. Vande WJ, Rittig S, Bauer S, et al. Practical consensus guidelines for the management of enuresis. *Eur J Pediatr.* 2012 Jun; 171(6): 971-983. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3357467/pdf/431_2012_Article_1687.pdf. Accessed May 21, 2024.
8. Weatherall M. Biofeedback or pelvic floor muscle exercises for female genuine stress incontinence. a meta-analysis of trials identified in a systematic review. *BJU Int* 1999; 83(9): 1015-1016. <http://www.ncbi.nlm.nih.gov/pubmed/10368247>. Accessed May 21, 2024.
9. Yagci S., Kibar Y, Akay O, et al. The effect of biofeedback in treatment on voiding and urodynamic parameters in children with voiding dysfunction. *J Urol.* 2005 November; 174(5):1994 -1998. <http://www.ncbi.nlm.nih.gov/pubmed/16217376>. Accessed May 21, 2024.

History

Date	Comments
09/16/19	New policy, approved August 13, 2019, effective January 1, 2020. Biofeedback for the treatment of incontinence may be considered medically necessary for adults and children when criteria are met.
11/01/20	Annual Review, approved October 22, 2020. No changes to policy statement, references updated. Removed CPT'S 90875, 90876 and 90911; added 90912 and 90913.
05/01/21	Annual Review, approved April 1, 2021. No changes to policy statement, references updated.
07/01/22	Annual Review, approved June 27, 2022. No changes to policy statement, references updated.
01/01/24	Annual Review, approved December 11, 2023. No changes to policy statement, references updated. Changed the wording from "patient" to "individual" throughout the policy for standardization.
07/01/24	Annual Review, approved June 24, 2024. No changes to policy statement, references updated.

Disclaimer: This medical policy is a guide in evaluating the medical necessity of a particular service or treatment. The Company adopts policies after careful review of published peer-reviewed scientific literature, national guidelines and local standards of practice. Since medical technology is constantly changing, the Company reserves the right to review and update policies as appropriate. Member contracts differ in their benefits. Always consult the member benefit booklet or contact a member service representative to determine coverage for a specific medical service or supply.



CPT codes, descriptions and materials are copyrighted by the American Medical Association (AMA). ©2024 Premera All Rights Reserved.

Scope: Medical policies are systematically developed guidelines that serve as a resource for Company staff when determining coverage for specific medical procedures, drugs or devices. Coverage for medical services is subject to the limits and conditions of the member benefit plan. Members and their providers should consult the member benefit booklet or contact a customer service representative to determine whether there are any benefit limitations applicable to this service or supply. This medical policy only applies to Individual Plans.





Discrimination is Against the Law

LifeWise Health Plan of Washington (LifeWise) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). LifeWise provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-6396, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@LifeWiseHealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx>.

Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-817-3056 (TTY: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-817-3056 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-817-3056 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-817-3056 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-817-3056 (телетайп: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-817-3056 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-817-3056 (телетайп: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-817-3056 (TTY: 711)។

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。800-817-3056 (TTY:711) まで、お電話にてご連絡ください。

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በገጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 800-817-3056 (መስማት ለተሳናቸው፡ 711)።

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-817-3056 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-817-3056 (رقم هاتف الصم والبكم: 711).

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-817-3056 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-817-3056 (TTY: 711).

ໂປດອຸບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ຄ່າສົ່ງຄ່າ, ຄວນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-817-3056 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sévis èd pou lang ki disponib gratis pou ou. Rele 800-817-3056 (TTY: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-817-3056 (ATS : 711).

UWAGA: Jezeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-817-3056 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-817-3056 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-817-3056 (TTY: 711).

توجہ: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-817-3056 (TTY: 711) تماس بگیرید.