

Policy Number: CP-MCR23-011A

Effective Date: January 1, 2024

## Therapeutic Massage

The purpose of this policy is to provide clarity and specificity for coverage of therapeutic massage. Therapeutic massage is covered as a supplemental benefit for UCare members on Minnesota Senior Healthcare Options (MSHO) and Connect+ Plans.

### DISCLAIMER

*Coverage Policies are developed to assist in identifying coverage for UCare benefits under UCare’s health plans. They are intended to serve only as a general reference regarding UCare’s administration of health benefits and are not intended to address all issues related to coverage for health services provided to UCare members.*

*These services may or may not be covered by all UCare products (refer to product section of individual coverage policy for product-specific detail). Providers are encouraged to have their UCare patient refer to their UCare plan documents (Evidence of Coverage/Member Handbook/Member Contract) for specific coverage information. If there is a conflict between a coverage policy and the UCare plan documents, the UCare plan documents prevail.*

*Coverage Policies do not constitute medical advice. Providers are responsible for submission of accurate and compliant claims.*

### PRODUCT SUMMARY

This coverage policy applies to the following UCare products:

UCare product	Applies to
UCare Individual & Family Plans (IFP), UCare IFP with M Health Fairview	
UCare Medicare Plans, UCare Medicare with M Health Fairview & North Memorial Health, UCare Advocate Plus (HMO I-SNP), EssentiaCare	
UCare’s Minnesota Senior Health Options (MSHO)(HMO D-SNP)	✓
UCare Connect + Medicare (HMO D-SNP)	✓
UCare Connect (SNBC)	
Prepaid Medical Assistance Program (PMAP), MinnesotaCare	
Minnesota Senior Care Plus (MSC+)	

**Benefit category:**

**Supplemental Benefit**

### Definitions or summary

**Therapeutic Massage:** is a type of complementary and alternative medicine (CAM) practice that is often used to treat chronic pain, and involves focused work on muscle pain, injury, and stiffness.

### Coverage policy

#### Covered

- Up to 6, one-hour therapeutic massage visits per year for members with:
  - back pain,
  - neck and shoulder pain,
  - headache,
  - carpal tunnel syndrome,
  - osteoarthritis OR
  - fibromyalgia.

#### Non-Covered

- Massage for the comfort or convenience of the member,
- Non-network massage providers, including massages provided at spas

### Prior authorization

Not Required

### Related policies and documentation

*References to other policies or documentation that may be relevant to this policy.*

Policy Number	Policy Description
None	

### References and source documents

*Links to the UCare contracts, Center for Medicare and Medicaid Services (CMS), MHCP, Minnesota statute and other relevant documents used to create this policy*

[UCare's Minnesota Senior Health Options \(MSHO\)](#)

[UCare Connect + Medicare](#)

### Coverage policy development and revision history

Version	Date	Note(s)
V1	Jan. 1, 2024	New policy