

Policy Number: CP-MCR23-011A

Effective Date: January 1, 2025

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.

Medical Assistance (Medicaid) products may provide different coverage for certain services, which may be addressed in different policies. For Minnesota Health Care Program (MHCP) policies, please consult the MHCP Provider Manual website.

Medicare products may provide different coverage for certain services, which may be addressed in different policies. For Medicare National Coverage Determinations (NCD), Local Coverage Determinations (LCD), and/or Local Coverage Articles, please consult CMS, National Government Services, or CGS websites.

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 Medical Assistance (Medicaid) 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
V2	Oct. 3, 2024	Annual Review, update to disclaimer, effect date update
	April 15, 2025	March 2025, DHS guideline requirement