

Department of Origin: Integrated Healthcare Services	Effective Date: 03/05/24
Approved by: Medical Policy Quality Management Subcommittee	Date Approved: 03/05/24
Clinical Policy Document: Obstructive Sleep Apnea, Surgical Treatment in Adults	Replaces Effective Clinical Policy Dated: 06/06/23
Reference #: MC/C007	Page: 1 of 5

PURPOSE:

The intent of this clinical policy is to ensure services are medically necessary.

Please refer to the member's benefit document for specific information. To the extent there is any inconsistency between this policy and the terms of the member's benefit plan or certificate of coverage, the terms of the member's benefit plan document will govern.

POLICY:

Benefits must be available for health care services. Health care services must be ordered by a provider. Health care services must be medically necessary, applicable conservative treatments must have been tried, and the most cost-effective alternative must be requested for coverage consideration.

GUIDELINES:

Medical Necessity Criteria – Must satisfy the following: I, and any of II - IV

- I. Member is diagnosed with moderate to severe obstructive sleep apnea (OSA) as defined by an *AHI/RDI/REI* score of greater than or equal to 15; and
- II. Requesting one of the following surgical procedures: jaw realignment surgery (such as, but not limited to, inferior sagittal mandibular osteotomy [ISO], maxillomandibular osteotomy and advancement [MMA], genioglossal advancement with or without hyoid myotomy [GAHM]), uvulopalatopharyngoplasty (UPPP), tonsillectomy and/or adenoidectomy – must satisfy all of the following: A and B
 - A. Evidence of anatomical indication/s (such as, but not limited to, obstruction) that are surgically correctible
 - B. Failure or intolerance of positive airway pressure treatments – any of the following: 1 or 2
 1. PAP failure is defined as an inability to eliminate OSA (AHI of greater than 15 despite PAP usage); or
 2. PAP intolerance is defined as either of the following – a or b
 - a. Inability to use PAP (greater than 5 nights per week of usage [usage defined as greater than 4 hours of use per night]); or
 - b. Unwillingness to use PAP (eg, a patient returns the PAP system after attempting to use it)
- III. Requesting septoplasty for obstructed nasal breathing due to a septal deformity or deviation that is unresponsive to medical management and is interfering with the effective use of medically necessary *PAP* for the treatment of OSA
- IV. Requesting tracheostomy – is considered medically necessary when other medical and surgical options do not exist, have failed or are refused, or when deemed necessary by clinical urgency

Department of Origin: Integrated Healthcare Services	Effective Date: 03/05/24
Approved by: Medical Policy Quality Management Subcommittee	Date Approved: 03/05/24
Clinical Policy Document: Obstructive Sleep Apnea, Surgical Treatment in Adults	Replaces Effective Clinical Policy Dated: 06/06/23
Reference #: MC/C007	Page: 1 of 5

NOT ROUTINELY COVERED: Surgical procedures for the treatment of snoring

EXCLUSIONS (not limited to):

Refer to member's Certificate of Coverage or Summary Plan Description.

The following are considered investigative (see Investigative List): I – XXI

- I. Adjustable tongue-advancement device (eg, Advance system)
- II. Apnea triggered muscle stimulation (does not include hypoglossal nerve stimulation)
- III. Cardiac (Atrial) Pacing
- IV. Cautery-Assisted Palatal Stiffening Operation (CAPSO)
- V. Epiglottidectomy
- VI. Expansion sphincteroplasty
- VII. Flexible Positive Airway Pressure (pressure-relief C-PAP [C-Flex, Respironics])
- VIII. Genioplasty/genial tubercle advancement
- IX. Glossectomy, partial
- X. Injection Snoreplasty
- XI. Laser assisted Uvuloplasty (LAUP)
- XII. Mandibular distraction osteogenesis (MDO)
- XIII. Nasal dilators
- XIV. Obstructive Sleep Apnea (OSA) oral appliance to restore proper mandibular alignment after use of overnight sleep apnea appliance, for prevention of temporomandibular joint dysfunction (such as, but not limited to, the Direct AM Positioner, Morning Repositioner [SomnoMed])
- XV. Palatal Implants (Pillar Procedure)
- XVI. Provent Sleep Apnea Therapy
- XVII. Radiofrequency Volumetric Tissue Reduction of the palate, tongue, or uvula (Somnoplasty/Coblation)
- XVIII. Remotely controlled mandibular positioner
- XIX. Tongue based reduction surgery
- XX. Tongue Based Suspension (eg, Repose or AIRvance)
- XXI. Winx therapy system/oral pressure therapy

DEFINITIONS:

Apnea:

Transient cessation of respiration

Apnea Hypopnea Index (AHI):

Average number of episodes of *apnea* and/or *hypopnea* per hour of sleep

Epworth Sleepiness Scale:

A scale use to indicate the likelihood of falling asleep in the following commonly encountered situations by assigning a score between 0 (none) and 3 (high chance). The scores are summed; a total greater than 10 is considered abnormal.

- Sitting and reading
- Watching TV
- Sitting, inactive, in a public place, i.e., theater
- As a passenger in a car for an hour without a break
- Lying down to rest in the afternoon when circumstances permit

Department of Origin: Integrated Healthcare Services	Effective Date: 03/05/24
Approved by: Medical Policy Quality Management Subcommittee	Date Approved: 03/05/24
Clinical Policy Document: Obstructive Sleep Apnea, Surgical Treatment in Adults	Replaces Effective Clinical Policy Dated: 06/06/23
Reference #: MC/C007	Page: 1 of 5

- Sitting and talking to someone
- In a car, while stopped for a few minutes in traffic

Hypopnea:

Abnormally slow or especially shallow respiration

Obstructive Sleep Apnea Types (from AASM):

- *AHI* of 5-14: Mild OSA; Involuntary sleepiness during activities that require little attention (eg, watching TV, reading)
- *AHI* of 15-29: Moderate OSA; Involuntary sleepiness during activities that require some attention (eg, meetings, presentations)
- *AHI* of 30 or greater: Severe OSA; Involuntary sleepiness during activities that require more active attention (eg, talking, driving)

Positive Airway Pressure (PAP):

A PAP machine works by gently blowing pressurized room air through the airway at a pressure high enough to keep the throat open. This pressurized air acts as a sort of splint. The pressure is set according to the patient's needs, high enough to ensure that the airway is fully open when the sleeper inhales but not so high that the sleeper is disturbed by the sensation. (The obstructions of the airway occur during sleep but not during waking hours partly because all muscles, including the muscles in the throat, relax during sleep.) The delivery of positive airway pressure is available in many forms, such as basic CPAP, bilevel positive airway pressure (BiPAP), automatically titrating positive airway pressure, and demand positive airway pressure.

Rapid eye movement (REM) RDI:

RDI during REM sleep

Respiratory Disturbance Index (RDI):

Average number of respiratory disturbances per hour (*apneas*, *hypopneas*, and respiratory event-related arousals [RERAs])

Respiratory Event Index (REI):

Average number of episodes of *apnea* and/or *hypopnea* per total recording time in hours

Department of Origin: Integrated Healthcare Services	Effective Date: 03/05/24
Approved by: Medical Policy Quality Management Subcommittee	Date Approved: 03/05/24
Clinical Policy Document: Obstructive Sleep Apnea, Surgical Treatment in Adults	Replaces Effective Clinical Policy Dated: 06/06/23
Reference #: MC/C007	Page: 1 of 5

Prior Authorization: Yes - for Adults (age 18 and over) and when submitted with ICD-10 Diagnosis Codes G473.0, G473.3, or G473.9, per network provider agreement.

CODING:

CPT®

- 21198 Osteotomy, mandible, segmental
- 21199 Osteotomy, mandible, segmental; with genioglossus advancement
- 21208 Osteoplasty, facial bones; augmentation (autograft, allograft, or prosthetic implant)
- 21209 Osteoplasty, facial bones; reduction
- 21685 Hyoid myotomy and suspension
- 30520 Septoplasty or submucous resection, with or without cartilage scoring, contouring or replacement with graft
- 31600 Tracheostomy, planned (separate procedure)
- 42145 Palatopharyngoplasty (eg, uvulopalatopharyngoplasty, uvulopharyngoplasty) [UPPP, UP3]
- 42821 Tonsillectomy and adenoidectomy, age 12 or over
- 42826 Tonsillectomy, primary or secondary; age 12 or over
- 42831 Adenoidectomy, primary, age 12 or over
- 42836 Adenoidectomy, secondary, age 12 or over
- D7944 Osteotomy – segmented or subapical

CPT codes copyright 2024 American Medical Association. All Rights Reserved. CPT is a trademark of the AMA. The AMA assumes no liability for the data contained herein.

REFERENCES:

1. Integrated Healthcare Services Process Manual UR015 Use of Medical Policy and Criteria
2. Clinical Policy: Coverage Determination Guidelines (MP/C009)
3. Clinical Policy: Orthognathic Surgery (MC/B002)
4. Clinical Policy: Obstructive Sleep Apnea, Non-Surgical Treatment (MC/C011)
5. Clinical Policy: Neurostimulation, Hypoglossal Nerve (MC/I012)
6. Aurora RN, Casey KR, Kristo D, Auerbach S, Bista SR, Chowdhuri S, Karippot A, Lamm C, Ramar K, Zak R, Morgenthaler TI. Practice Parameters for the Surgical Modifications of the Upper Airway for Obstructive Sleep Apnea in Adults. *Sleep*. 2010;33(10):1408-1413. Retrieved from https://aasm.org/resources/practiceparameters/review_surgicalmodificationsosa.pdf.
7. Caples SM; Rowley JA; Prinsell JR; Pallanch JF; Elamin MB; Katz SG; Jarwick JD;. Surgical modifications of the upper airway for obstructive sleep apnea in adults; a systematic review and meta-analysis. *Sleep*. 2010;33(10):1396-1407.
8. Epstein LJ, Kristo D, Strollo PJ, et al. Clinical guideline for the evaluation, management and long- term care of obstructive sleep apnea in adults. *J Clin Sleep Med*. 2009;5(3):263-276. Retrieved from <https://aasm.org/clinical-resources/practice-standards/practice-guidelines/>.
9. Fernández-Julián E, Muñoz N, Achiques MT, et al. Randomized study comparing two tongue base surgeries for moderate to severe obstructive sleep apnea syndrome. *Otolaryngol Head Neck Surg*. 2009;140(6):917-923.
10. Koutsourelakis I, Georgouloupoulos G, Perraki E, et al. Randomised trial of nasal surgery for fixed nasal obstruction in obstructive sleep apnoea. *Eur Respir J*. 2008;31(1):110-117
11. Malhotra A. Obstructive sleep apnea: Overview of management of obstructive sleep apnea in adults. (Topic 7695, Version 100.0; last updated: 11/20/23.) In: Finlay G (Ed), *UpToDate*. Waltham, Mass.: UpToDate; 2019. www.uptodate.com. Accessed 12-18-23.

Department of Origin: Integrated Healthcare Services	Effective Date: 03/05/24
Approved by: Medical Policy Quality Management Subcommittee	Date Approved: 03/05/24
Clinical Policy Document: Obstructive Sleep Apnea, Surgical Treatment in Adults	Replaces Effective Clinical Policy Dated: 06/06/23
Reference #: MC/C007	Page: 1 of 5

12. Kline LR. Clinical presentation and diagnosis of obstructive sleep apnea in adults. (Topic 7706, Version 65.0; last updated: 10/05/23) In: Finlay G, ed. *UpToDate*. Waltham, MA.: UpToDate; 2023. www.uptodate.com. Accessed 12-18-23.
13. American Academy of Otolaryngology- Head and Neck Surgery. Position Statement: Tongue Suspension. 2021. Retrieved from <https://www.entnet.org/resource/position-statement-tongue-suspension/>. Accessed 12-19-23.
14. American Academy of Otolaryngology- Head and Neck Surgery. Position Statement: Uvulopalatopharyngoplasty. 2021. Retrieved from <https://www.entnet.org/resource/position-statement-uvulopalatopharyngoplasty/>. Accessed 12-19-23.
15. Weaver EM. Surgical treatment of obstructive sleep apnea in adults. (Topic 97861, Version 26.0; last updated: 06/12/23) In: Finlay G, ed. *UpToDate*. Waltham, MA.: UpToDate; 2023. www.uptodate.com. Accessed 12-18-23.

DOCUMENT HISTORY:

Created Date: 06/94
Reviewed Date: 03/20/12, 03/20/13, 03/19/14, 12/31/14, 12/31/15, 12/13/16, 12/13/17, 12/13/18, 12/13/19, 12/11/20, 12/03/21, 12/01/22, 11/22/23
Revised Date: 01/25/05, 03/28/06, 07/12/06, 09/26/06, 09/25/07, re-adopted 04/04/11, 03/20/13, 12/31/14, 05/23/23, 12/22/23
Retired Date: 12/02/08

Nondiscrimination & Language Access Policy



Discrimination is Against the Law. Aspirus Health Plan, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, (including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation, gender identity and sex stereotypes), consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2). Aspirus Health Plan, Inc. does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Aspirus Health Plan, Inc.:

Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).

Provides free language assistance services to people whose primary language is not English, which may include:

- Qualified interpreters.
- Information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact the Nondiscrimination Grievance Coordinator at the address, phone number, fax number, or email address below.

If you believe that Aspirus Health Plan, Inc. has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a *grievance* with:

Nondiscrimination Grievance Coordinator
Aspirus Health Plan, Inc.
PO Box 1890
Southampton, PA 18966-9998
Phone: 1-866-631-5404 (TTY: 711)
Fax: 763-847-4010
Email: customerservice@aspirushealthplan.com

You can file a *grievance* in person or by mail, fax, or email. If you need help filing a *grievance*, the Nondiscrimination Grievance 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 Avenue, 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>. This notice is available at Aspirus Health Plan, Inc.'s website: https://aspirushealthplan.com/webdocs/70021-AHP-NonDiscrim_Lang-Assist-Notice.pdf.

Language Assistance Services

Albanian: KUJDES: Nëse flitmi shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-332-6501 (TTY: 711).

Arabic: تنبيه: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك مجاناً. اتصل بن اعلى رقم الهاتف 1-800-332-6501 (رقم هاتف الصم والبك : 711)

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-332-6501 (ATS: 711).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-332-6501 (TTY: 711).

Hindi: यान द : य द आप िहंदी बोलते ह तो आपके िलए मु त म भाषा सहायता सेवाएं उपल थ ह 1-800-332-6501 (TTY: 711) पर कॉल कर ।

Hmong: LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-332-6501 (TTY: 711).

Korean: 주의: 한국어를 사용하지는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-332-6501 (TTY: 711) 번으로 전화해 주십시오.

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-332-6501 (TTY: 711).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-332-6501 (телетайп: 711).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-332-6501 (TTY: 711).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nangwalang bayad. Tumawag sa 1-800-332-6501 (TTY: 711).

Traditional Chinese: 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 1-800-332-6501 (TTY: 711)

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-332-6501 (TTY: 711).

Pennsylvania Dutch: Wann du Deitsch (Pennsylvania German / Dutch) schwetzsch, kamscht du mitaus Koschte ebbergricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-800-332-6501 (TTY: 711).

Lao: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ໂດຍບໍ່ເສັຽຄ່າ, ຄວນມີຮ່ອມໃຫ້ທ່ານ. ໂທສ 1-800-332-6501 (TTY: 711).