



## Medica Central Coverage Policy

**Policy Name:** Bioimpedance Spectroscopy (BIS) and Bioelectrical Impedance Analysis (BIA) MP9690

**Effective Date:** 12/01/2025

### Important Information – Please Read Before Using This Policy

These services may or may not be covered by all Medica Central plans. Coverage is subject to requirements in applicable federal or state laws. Please refer to the member's plan document for other specific coverage information. If there is a difference between this general information and the member's plan document, the member's plan document will be used to determine coverage. With respect to Medicare, Medicaid, and other government programs, this policy will apply unless these programs require different coverage.

Members may contact Medica Customer Service at the phone number listed on their member identification card to discuss their benefits more specifically. Providers with questions may call the Provider Service Center. Please use the Quick Reference Guide on the Provider Communications page for the appropriate phone number. <https://mo-central.medica.com/Providers/SSM-employee-health-plan-for-IL-MO-OK-providers>

Medica Central coverage policies are not medical advice. Members should consult with appropriate health care providers to obtain needed medical advice, care, and treatment.

### Coverage Policy

Bioimpedance spectroscopy devices for detection of lymphedema are considered investigative and unproven and therefore **NOT COVERED**. There is insufficient reliable evidence in the form of high quality peer-reviewed medical literature to establish the efficacy or effects on health care outcomes.

Bioelectrical impedance analysis for body composition is considered investigative and unproven and therefore **NOT COVERED**. There is insufficient reliable evidence in the form of high quality peer-reviewed medical literature to establish the efficacy or effects on health care outcomes.

### Description

#### **Bioimpedance Spectroscopy (BIS)**

Lymphedema is an accumulation of fluid and swelling of tissues due to insufficient drainage of fluid by the lymphatic system. Conventional clinical methods to detect and assess lymphedema include serial measurements of water displacement volume or limb circumference. Bioimpedance spectroscopy (BIS) analysis is a non-invasive technique to measure the volume of fluid in various parts of the body. Electrodes are placed on the wrists or ankles of the patient. A painless low-strength electrical current is passed through the body between the electrodes. The electrical current is slowed (impeded) by fluid in the body. By measuring both the affected and unaffected limbs, the patient acts as their own control. This technology is purported to detect developing lymphedema before any clinical signs are visible, allowing for early treatment and less severe chronic disease. BIS is generally performed on an outpatient basis.

#### **Bioelectrical Impedance Analysis (BIA)**

Bioelectrical impedance analysis (BIA) is a non-invasive test proposed as a method for measuring body composition, and in particular body fat, based on the rate at which a painless low-strength electrical current travels through the body. There are different types of BIA devices, but each



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device requires the placement of electrical electrodes on two points of contact, such as two hands (hand-hand BIA) or hand-to-foot BIA. On a BIA scale, the two points of contact are both feet (foot-foot BIA). BIA measures the electrical impedance (opposition to the flow) of this electric current. Body fat causes greater resistance (impedance) than fat-free mass. This test may be performed in conjunction with nutritional evaluations, weight management consultations, or work-up for bariatric surgery. BIA is generally performed on an outpatient basis.

### FDA Approval

BIS devices are approved by the FDA. Examples include, but are not limited to: ImpediMed L-Dex® U400, MoistureMeterD (Delfin Technologies).

### Prior Authorization

Prior authorization is not applicable. Claims for this service are subject to retrospective review and denial of coverage, as investigative services are not eligible for reimbursement.

### Coding Considerations

Use the current applicable CPT/HCPCS code(s). The following codes are included below for informational purposes only, and are subject to change without notice. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement.

#### CPT Codes:

- **93702** - Bioimpedance spectroscopy (BIS), extracellular fluid analysis for lymphedema assessment(s)
- **0358T** – Bioelectric impedance analysis whole body composition assessment, with interpretation and report

	Committee/Source	Date(s)
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