

Health Benefits Plan Summary of Material Modification

Medical Services Exclusions Effective July 1, 2010

Retail Purchases

Effective July 1, 2010, your health benefit plan will exclude any supplies, accessories or other items which can be purchased at a retail establishment or otherwise over-the-counter without a doctor's prescription. These exclusions include, but are not limited to:

- hot and cold packs, including circulating devices and pumps;
- standard batteries used to power medical or durable medical equipment;
- solutions used to clean or prepare skin or minor wounds including alcohol solution or wipes, povidone-iodine solution or wipes, hydrogen peroxide, and adhesive remover;
- standard dressing supplies and bandages used to protect minor wounds such as band-aids, 4x4 gauze pads, tape, compression bandages and eye patches;
- elimination and incontinence supplies such as urinals, diapers and bed pans;
- sphygmometer (blood pressure cuff), stethoscopes; and
- thermometers.

Transcutaneous Electrical Nerve Stimulation (TENS) Units

TENS units are devices used to deliver electrical stimulation as a method to treat chronic intractable pain, post-surgical pain, and pain associated with active or post-trauma injury unresponsive to other standard pain therapies. Blue Cross and Blue Shield of Alabama reviews medical literature regarding the efficiency of medical treatment or devices with regard to the improvement of net health outcomes. This literature has called into question the effectiveness of TENS units or similar devices for improvement of net health outcomes.

Based on the above information, Blue Cross will no longer cover TENS units or any associated supplies such as conductive garments, electrodes, leads, batteries and skin preparation solutions effective July 1, 2010.

Third Party Billing Exclusions

Services, supplies, implantable devices, equipment and accessories that are used in surgery or any operative setting are excluded when billed by a **third party vendor**. This exclusion does not apply to services and supplies provided to a member for use in their home when obtain by means of a physician's prescription.

Sleep Study Exclusion

Sleep studies performed outside of a healthcare facility, such as home sleep studies, whether or not supervised or attended will be excluded from your benefit plan.



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