Amniotic Membrane and Amniotic Fluid Injections

Description of Procedure or Service

Human amniotic membrane (HAM) consists of two conjoined layers, the amnion and chorion, and forms the innermost lining of the amniotic sac or placenta. When prepared for use as an allograft, the membrane is harvested immediately after birth, cleaned, sterilized, and either cryopreserved or dehydrated. Many products available using amnion, chorion, amniotic fluid, and umbilical cord are being studied for the treatment of a variety of conditions, including chronic full-thickness diabetic lower-extremity ulcers, venous ulcers, knee osteoarthritis, plantar fasciitis, and ophthalmic conditions. The products are formulated either as patches, which can be applied as wound covers, or as suspensions or particulates, or connective tissue extractions, which can be injected or applied topically.

Fresh amniotic membrane contains collagen, fibronectin, and hyaluronic acid, along with a combination of growth factors, cytokines, and anti-inflammatory proteins such as interleukin-1 receptor antagonist. There is evidence that the tissue has anti-inflammatory, antifibroblastic, and antimicrobial properties. HAM is considered nonimmunogenic and has not been observed to cause substantial immune response. It is believed that these properties are retained in cryopreserved HAM and dehydrated HAM products, resulting in a readily available tissue with regenerative potential. In support, one d-HAM product has been shown to elute growth factors into saline and stimulate the migration of mesenchymal stem cells both in vitro and in vivo.

HAM is an established treatment for corneal reconstruction and is being evaluated for the treatment of various conditions, including skin wounds, burns, leg ulcers, and prevention of tissue adhesion in surgical procedures. Additional indications studied in preclinical models include tendonitis, tendon repair, and nerve repair. The availability of HAM opens the possibility of regenerative medicine for a wide variety of conditions.

Amniotic fluid surrounds the fetus during pregnancy and provides protection and nourishment. In the second half of gestation, most of the fluid is a result of micturition and secretion from the respiratory tract and gastrointestinal tract of the fetus, along with urea. The fluid contains proteins, carbohydrates, proteins and peptides, fats, amino acids, enzymes, hormones, pigments, and fetal cells. Use of human and bovine amniotic fluid for orthopedic conditions was first reported in 1927. Amniotic fluid has been compared with synovial fluid, containing hyaluronan, lubrican, cholesterol, and cytokines. Injection of amniotic fluid or amniotic fluid–derived cells is currently being evaluated for the treatment of osteoarthritis and plantar fasciitis. Amniotic membrane and amniotic fluid are also being investigated as sources of pluripotent stem cells. Pluripotent stem cells can be cultured and are capable of differentiation toward any cell type.

Related policies:
Bioengineered Skin and Tissue
Growth Factors in Wound Healing
Amniotic Membrane and Amniotic Fluid Injections

Meniscal Allograft and Collagen Meniscus Implants
Orthopedic Applications of Stem Cell Therapy
Plugs for Fistula Repair

***Note: This Medical Policy is complex and technical. For questions concerning the technical language and/or specific clinical indications for its use, please consult your physician.

Policy

BCBSNC will provide coverage for human amniotic membrane when it is determined to be medically necessary because the medical criteria and guidelines shown below have been met.

Injection of human amniotic fluid is considered investigational for all indications. BCBSNC does not provide coverage for investigational services or procedures.

Benefits Application

This medical policy relates only to the services or supplies described herein. Please refer to the Member's Benefit Booklet for availability of benefits. Member's benefits may vary according to benefit design; therefore member benefit language should be reviewed before applying the terms of this medical policy.

When Amniotic Membrane and Amniotic Fluid Injections are covered

Treatment of nonhealing diabetic lower-extremity ulcers using the following human amniotic membrane products may be considered medically necessary:

- AmnioBand® Membrane
- Biovance®
- EpiCord®
- Epifix®
- GrafixCore™ or GrafixPrime™

NOTE: application of Epifix is limited to no more than 5 weekly applications per wound.

Human amniotic membrane grafts with or without suture (Prokera®, AmbioDisk™) may be considered medically necessary for the treatment of the following ophthalmic indications:

- Neurotrophic keratitis with ocular surface damage and inflammation that does not respond to conservative therapy (see Policy Guidelines);
- Corneal ulcers and melts that do not respond to initial conservative therapy (see Policy Guidelines);
- Corneal perforation when there is active inflammation after corneal transplant requiring adjunctive treatment;
- Bullous keratopathy as a palliative measure in patient who are not candidates for curative treatment (eg, endothelial or penetrating keratoplasty);
- Partial limbal stem cell deficiency with extensive diseased tissue where selective removal alone is not sufficient;
- Moderate or severe Stevens-Johnson syndrome;
- Persistent epithelial defects that do not respond to conservative therapy (see Policy Guidelines);
- Severe dry dye (DEWS 3 or 4) with ocular surface damage and inflammation that remains symptomatic after Septs 1, 2, and 3 of the dry eye disease management algorithm (see Policy Guidelines);
- Moderate or severe acute ocular chemical burn.
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Human amniotic membrane grafts with suture or glue may be considered medically necessary for the treatment of the following ophthalmic indications:

- Corneal perforation when corneal tissue is not immediately available; or
- Pterygium repair when there is insufficient healthy tissue to create a conjunctival autograft.

With the exception of products used within the scope of FDA indications for treatment of burns and rare skin conditions such as recessive dystrophic epidermolysis bullosa, FDA approval for a specific use does not define that product as non-investigational.

When Amniotic Membrane and Amniotic Fluid Injections are not covered

Human amniotic membrane grafts with or without suture are considered investigational for all ophthalmic indications not outlined above.

Injection of micronized or particulated human amniotic membrane is considered investigational for all indications, including but not limited to treatment of osteoarthritis and plantar fasciitis.

Injection of human amniotic fluid is considered investigational for all indications.

All other human amniotic membrane products and indications not listed above are considered investigational, including but not limited to treatment of lower extremity ulcers due to venous insufficiency.

With the exception of products used within the scope of FDA indications for treatment of burns and rare skin conditions such as recessive dystrophic epidermolysis bullosa, FDA approval for a specific use does not define that product as non-investigational.

Policy Guidelines

Nonhealing of diabetic wounds is defined as less than a 20% decrease in wound area with standard wound care for at least 2 weeks, based on the entry criteria for clinical trials.

Conservative therapy for neurotrophic keratitis may include 5 days of pressure patching, therapeutic contact lens, topical lubricants, and topical antibiotics.

Conservative therapy for corneal ulcers and melts may include 2 days of patching, therapeutic contact lens, and topical antimicrobial agents.

A persistent epithelial defect is one that failed to close completely after 5 days of conservative treatment or has failed to demonstrate a decrease in size after 2 days of conservative treatment. Conservative treatment of a persistent epithelial defect may include 5 days of the following: topical lubricants, topical antibiotics, therapeutic contact lens, or patching.

Tear Film and Ocular Surface Society staged management for dry eye diseases

Step 1:
- Education regarding the condition, its management, treatment and prognosis
- Modification of local environment
- Education regarding potential dietary modifications (including oral essential fatty acid supplementation)
- Identification and potential modification/elimination of offending systemic and topical medications
- Ocular lubricants of various types (if meibomian gland dysfunction is present, then consider lipid containing supplements)
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- Lid hygiene and warm compresses of various types

**Step 2:**
If above options are inadequate consider:
- Non-preserved ocular lubricants to minimize preservative-induced toxicity
- Tea tree oil treatment for Demodex (if present)
- Tear conservation
- Punctal occlusion
- Moisture chamber spectacles/goggles
- Overnight treatments (such as ointment or moisture chamber devices)
- In-office, physical heating and expression of the meibomian glands
- In-office intense pulsed light therapy for meibomian gland dysfunction
- Prescription drugs to manage dry eye disease
- Topical antibiotic or antibiotic/steroid combination applied to the lid margins for anterior blepharitis (if present)
- Topical corticosteroid (limited-duration)
- Topical secretagogues
- Topical non-glucocorticoid immunomodulatory drugs (such as cyclosporine)
- Topical LFA-1 antagonist drugs (such as lifitegrast)
- Oral macrolide or tetracycline antibiotics

**Step 3:**
If above options are inadequate consider:
- Oral secretagogues
- Autologous/allogeneic serum eye drops
- Therapeutic contact lens options
- Soft bandage lenses
- Rigid scleral lenses

**Step 4:**
If above options are inadequate consider:
- Topical corticosteroid for longer duration
- Amniotic membrane grafts
- Surgical punctal occlusion
- Other surgical approaches (eg tarsorrhaphy, salivary gland transplantation)

**Dry eye severity level DEWS 3 to 4**
- Discomfort, severity, and frequency - Severe frequent or constant
- Visual symptoms - chronic and/or constant, limiting to disabling
- Conjunctival Injection - +/- or ++
- Conjunctive Staining - moderate to marked
- Corneal Staining - marked central or severe punctate erosions
- Corneal/tear signs - Filamentary keratitis, mucus clumping, increase in tear debris
- Lid/meibomian glands - Frequent
- Tear film breakup time - < 5
- Schirmer score (mm/5 min) - < 5

**Summary of Evidence:**

**Diabetic Lower-Extremity Ulcers**

For individuals who have non-healing diabetic lower-extremity ulcers who receive a patch or flowable formulation of HAM (ie, AmnioBand Membrane, Biovance, EpiFix, Grafix), the evidence includes RCTs. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. The RCTs evaluating amniotic and placental membrane products for the treatment of non-healing (<20% healing with ≥2 weeks of standard care) diabetic lower-extremity ulcers have compared HAM with standard care or with an established advanced wound...
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 care product. These trials used wound closure as the primary outcome measure, and some used power analysis, blinded assessment of wound healing, and ITT analysis. For the HAM products that have been sufficiently evaluated (ie, AmnioBand Membrane, Biovance, EpiCord, EpiFix, Grafix), results have shown improved outcomes compared with standard care, and outcomes that are at least as good as an established advanced wound care product. Improved health outcomes in the RCTs are supported by multicenter registries. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.

Lower-Extremity Ulcers due to Venous Insufficiency

For individuals who have lower-extremity ulcers due to venous insufficiency who receive a patch or flowable formulation of HAM, the evidence includes two RCTs. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. The evidence on HAM for the treatment of lower-extremity venous ulcers includes two multicenter RCTs with EpiFix. One RCT reported larger percent wound closure at four weeks but the percentage of patients with complete wound closure did not differ between EpiFix and the SOC. A second multicenter RCT reported a significant difference in complete healing at 12 weeks, but the interpretation is limited by methodologic concerns. Well-designed and well-conducted RCTs that compare HAM with the SOC for venous insufficiency ulcers are needed. The evidence is insufficient to determine the effects of the technology on health outcomes.

Osteoarthritis

For individuals who have knee osteoarthritis who receive an injection of suspension or particulate formulation of HAM or amniotic fluid, the evidence includes a feasibility study. The relevant outcomes are symptoms, functional outcomes, QOL, and treatment-related morbidity. The pilot study assessed the feasibility of a larger RCT evaluating HAM injection. Additional trials, which will have a larger sample size and longer follow-up, are needed to permit conclusions on the effect of this treatment. The evidence is insufficient to determine the effects of the technology on health outcomes.

Plantar Fasciitis

For individuals who have plantar fasciitis who receive an injection of suspension or particulate formulation of HAM or amniotic fluid, the evidence includes two small RCTs. The relevant outcomes are symptoms, functional outcomes, QOL, and treatment-related morbidity. Research on HAM injections for plantar fasciitis is at an early stage. The evidence includes a small (n=23) double-blind comparison with corticosteroid and a patient-blinded (n=45) comparison of 2 different doses of dehydrated HAM with saline. Additional controlled trials with larger sample sizes and longer follow-up are needed to permit conclusions on the effect of HAM and amniotic fluid injections on plantar fasciitis pain. The evidence is insufficient to determine the effects of the technology on health outcomes.

Ophthalmic Conditions

Neurotrophic Keratitis with Ocular Surface Damage and Inflammation That does not Respond to Conservative Therapy

For individuals who have neurotrophic keratitis with ocular surface damage and inflammation that does not respond to conservative therapy who receive HAM, the evidence includes an RCT. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. An RCT of 30 patients showed no benefit of sutured HAM graft compared to tarsorrhaphy or bandage contact lens. Based on clinical input, HAM might be considered for patients who did not respond to conservative therapy. Clinical input indicated that non-sutured HAM in an office setting would be preferred to avoid a delay in treatment associated with scheduling a surgical treatment. The
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evidence is sufficient to determine that the technology results in a meaningful improvement in
the net health outcome.

**Corneal Ulcers and Melts That does not Respond to Initial Medical Therapy**

For individuals who have corneal ulcers and melts, that does not respond to initial medical
therapy who receive HAM, the evidence is limited. The relevant outcomes are symptoms, morbid
events, functional outcomes, and QOL. Corneal ulcers and melts are uncommon and variable and
RCTs are not expected. Based on clinical input, HAM might be considered for patients who did
not respond to conservative therapy. Clinical input indicated that non-sutured HAM in an office
setting would be preferred to avoid a delay in treatment associated with scheduling a surgical
treatment. The evidence is sufficient to determine that the technology results in a meaningful
improvement in the net health outcome.

**Corneal Perforation When There is Active Inflammation After Corneal Transplant Requiring
Adjunctive Treatment**

For individuals who have corneal perforation when there is active inflammation after corneal
transplant requiring adjunctive treatment who receive HAM, the evidence is limited. The relevant
outcomes are symptoms, morbid events, functional outcomes, and QOL. No comparative
evidence was identified for this indication. Clinical input supported the use of HAM to reduce
inflammation and promote epithelial healing with active inflammation following corneal
transplantation. The evidence is sufficient to determine that the technology results in a
meaningful improvement in the net health outcome.

**Bullous Keratopathy as a Palliative Measure in Patients Who are not Candidates for a Curative
Treatment (eg, endothelial or penetrating keratoplasty)**

For individuals who have bullous keratopathy and who are not candidates for curative treatment
(eg, endothelial or penetrating keratoplasty) who receive HAM, the evidence includes an RCT.
The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. An RCT
found no advantage of sutured HAM over the simpler stromal puncture procedure for the
treatment of pain from bullous keratopathy. Based on clinical input, non-sutured HAM could be
used as an alternative to stromal puncture. The evidence is sufficient to determine that the
technology results in a meaningful improvement in the net health outcome.

**Partial LSCD with Extensive Diseased Tissue Where Selective Removal Alone is not Sufficient**

For individuals who have partial LSCD with extensive diseased tissue where selective removal
alone is not sufficient who receive HAM, the evidence is limited. The relevant outcomes are
symptoms, morbid events, functional outcomes, and QOL. No RCTs were identified on HAM for
LSCD. Improvement in visual acuity has been reported for some patients who have received
HAM in conjunction with removal of the diseased limbus. Clinical input noted the limitations of
performing an RCT and supported the use of HAM for this indication. The evidence is sufficient
to determine that the technology results in a meaningful improvement in the net health outcome.

**Moderate or Severe Stevens-Johnson Syndrome**

For individuals who have moderate or severe Stevens-Johnson syndrome who receive HAM, the
evidence includes an RCT. The relevant outcomes are symptoms, morbid events, functional
outcomes, and QOL. The evidence on HAM for the treatment of Stevens-Johnson includes one
RCT with 25 patients (50 eyes) that found improved symptoms and function with HAM
compared to medical therapy alone. Clinical input indicated that large RCTs are unlikely due to
the severity and rarity of the disease, supported the use of HAM for moderate or severe Stevens-
Johnson. The evidence is sufficient to determine that the technology results in a meaningful
improvement in the net health outcome.
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Persistent Epithelial Defects and Ulceration That does not Respond to Conservative Therapy

For individuals who have persistent epithelial defects that does not respond to conservative therapy who receive HAM, the evidence is limited. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. No RCTs were identified on persistent epithelial defects and ulceration. Clinical input noted the difficulty in conducting RCTs for this indication and supported the use of amniotic membrane for persistent epithelial defects and ulcerations that does not respond to conservative therapy. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.

Severe Dry Eye with Ocular Surface Damage and Inflammation That does not Respond to Conservative Therapy

For individuals who have severe dry eye with ocular surface damage and inflammation that does not respond to conservative therapy, who receive HAM, the evidence includes an RCT and a large case series. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. The evidence on HAM for severe dry eye with ocular surface damage and inflammation includes an RCT with 20 patients and a retrospective series of 84 patients (97 eyes). Placement of self-retained HAM for 2 to 11 days reduced symptoms and restored a smooth corneal surface and corneal nerve density for as long as 3 months. Clinical input supported HAM in cases of severe dry eye with ocular surface damage and inflammation that does not respond to conservative therapy. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.

Moderate or Severe Acute Ocular Chemical Burns

For individuals who have moderate or severe acute ocular chemical burn who receive HAM, the evidence includes an RCT. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. Evidence includes an RCT of 100 patients with acute ocular chemical burns who were treated with HAM transplantation plus medical therapy or medical therapy alone. Patients in the HAM group had a faster rate of epithelial healing, without a significant benefit for other outcomes. Clinical input was in support of HAM for acute ocular chemical burn. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.

Corneal Perforation When Corneal Tissue is not Immediately Available

For individuals who have corneal perforation when corneal tissue is not immediately available who receive sutured HAM, the evidence is limited. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. The standard treatment for corneal perforation is corneal transplantation. Based on clinical input, sutured HAM may be used as a temporary measure when corneal tissue is not immediately available. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.

Pterygium Repair When There is Insufficient Healthy Tissue to Create a Conjunctival Autograft

For individuals who have pterygium repair when there is insufficient healthy tissue to create a conjunctival autograft who receive HAM, the evidence includes RCTs and systematic reviews of RCTs. The relevant outcomes are symptoms, morbid events, functional outcomes, and QOL. Systematic reviews of RCTs have been published that found that conjunctival or limbal autograft is more effective than HAM graft in reducing the rate of pterygium recurrence. Based on clinical input, sutured or glued HAM may be considered when there is insufficient healthy tissue to create a conjunctival autograft (eg, extensive, double, or recurrent pterygium). The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.
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Billing/Coding/Physician Documentation Information

This policy may apply to the following codes. Inclusion of a code in this section does not guarantee that it will be reimbursed. For further information on reimbursement guidelines, please see Administrative Policies on the Blue Cross Blue Shield of North Carolina web site at www.bcbsnc.com. They are listed in the Category Search on the Medical Policy search page.

Applicable service codes: Q4132, Q4133, Q4137 - Q4140, Q4145, Q4148, Q4150, Q4151, Q4153 - Q4157, Q4159, Q4160, Q4162, Q4163, Q4168 - Q4171, Q4173, Q4174, Q4177, Q4178, Q4181, Q4183 - Q4192, Q4194, Q4198, Q4201, Q4202, Q4205, Q4206, Q4208 – Q4221

Nonhealing is defined as less than a 20% decrease in wound area with standard wound care for at least 2 weeks.

There are specific HCPCS codes for some of these products. If no specific HCPCS code exists for the product, an unlisted code such as Q4100 would be used.

There are no specific codes for AmnioFix or OrthoFlo. It is possible that it might be reported using the code for another MiMedx product such as Q4145 – Epifix, injectable, 1 mg, or the not otherwise specified code Q4100.

There is no specific code for this type of injection. It might be reported with one of the musculoskeletal system injection codes (e.g., 20550), the unlisted general musculoskeletal system code (20999), or if subcutaneous or intramuscular, the therapeutic injection code (96372)

Codes for placement of amniotic membrane on the ocular surface: 65778, 65779

BCBSNC may request medical records for determination of medical necessity. When medical records are requested, letters of support and/or explanation are often useful, but are not sufficient documentation unless all specific information needed to make a medical necessity determination is included.

Scientific Background and Reference Sources


Medical Director Review 9/2016


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## Amniotic Membrane and Amniotic Fluid Injections

### Policy Implementation/Update Information

<table>
<thead>
<tr>
<th>Date</th>
<th>Update</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/26/16</td>
<td>New policy developed. Injection of micronized amniotic membrane or amniotic fluid is considered investigational for all indications. See also policy titled “Bioengineered Skin and Tissue.” (an)</td>
</tr>
<tr>
<td>2/24/17</td>
<td>Description section extensively revised. Policy statement revised: “BCBSNC will provide coverage for human amniotic membrane when it is determined to be medically necessary because the medical criteria and guidelines shown below have been met.” Treatment of nonhealing diabetic lower-extremity ulcers using the following human amniotic membrane products may be considered medically necessary: AmnioBand®, Biovance®, Epifix®, Grafix™. All other human amniotic membrane products (micronized or particulated human amniotic membrane or human amniotic fluid) for any other indications are considered investigational. Policy Guidelines section updated. Coding/Billing section updated to include codes and coding instructions. (an)</td>
</tr>
<tr>
<td>4/28/17</td>
<td>Following statement added to the When Covered section: application of Epifix is limited to no more than 5 weekly applications per wound. (This statement was moved out of the Bioengineered Skin medical policy and into this policy). (an)</td>
</tr>
<tr>
<td>6/30/17</td>
<td>Sutured human amniotic membrane grafts may be considered medically necessary for the treatment of the following ophthalmic indications: Neurotrophic keratitis, Corneal ulcers and melts, Pterygium repair, Stevens-Johnson syndrome, Persistent epithelial defects. Sutured human amniotic membrane grafts are considered investigational for the treatment of all other ophthalmic conditions including but not limited to dry eye syndrome, burns, corneal perforation, bullous keratopathy, limbus stem cell deficiency, and after photorefractive keratectomy. Human amniotic membrane without suture (eg, Prokera®, AmbioDisk™) for ophthalmic indications is investigational. Policy Guidelines updated. Codes 65778, 65779 added to Billing/Coding section. Reference added. Notification given 6/30/17 for policy effective date of 9/29/17. (an)</td>
</tr>
<tr>
<td>12/15/17</td>
<td>Codes added to Billing/Coding section effective 1/1/2018: Q4177, Q4178, Q4181. (an)</td>
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<tr>
<td>3/29/18</td>
<td>Revised 2 statements in the “When Not Covered” to read: Injection of micronized or particulated human amniotic membrane is considered investigational for all indications, including but not limited to treatment of osteoarthritis and plantar fasciitis and All other human amniotic membrane products and indications not listed above are considered investigational, including but not limited to treatment of lower extremity ulcers due to venous insufficiency. Reference added. (an)</td>
</tr>
<tr>
<td>9/7/18</td>
<td>Specialty Matched Consultant Advisory Panel review 8/22/2018. No change to policy statement. (an)</td>
</tr>
<tr>
<td>7/1/19</td>
<td>Revised list of indications for when human amniotic membrane grafts with or without suture (Prokera®, AmbioDisk™) may be considered medically necessary. Epicord added to list of medically necessary products for treatment of nonhealing diabetic lower-extremity ulcers. Updated Policy Guidelines. Code Q4131 deleted. Codes added to Billing/Coding section: Q4183, Q4184, Q4185, Q4186, Q4187, Q4188, Q4189, Q4190, Q4191, Q4192, Q4194, Q4198, Q4201, Q4202. Reference added. (an)</td>
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</tbody>
</table>
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9/10/19  Specialty Matched Consultant Advisory Panel 8/20/2019. Verbiage added to “when covered” and “when not covered” section “With the exception of products used within the scope of FDA indications for treatment of burns and rare skin conditions such as recessive dystrophic epidermolysis bullosa, FDA approval for a specific use does not define that product as non-investigational.” (eel)

10/1/19  Coding section updated with new codes effective 10/1/19. Added codes Q4205, Q4206, Q4208 – Q4221. (eel)

Medical policy is not an authorization, certification, explanation of benefits or a contract. Benefits and eligibility are determined before medical guidelines and payment guidelines are applied. Benefits are determined by the group contract and subscriber certificate that is in effect at the time services are rendered. This document is solely provided for informational purposes only and is based on research of current medical literature and review of common medical practices in the treatment and diagnosis of disease. Medical practices and knowledge are constantly changing and BCBSNC reserves the right to review and revise its medical policies periodically.