

Centering Pregnancy

Policy Number: PG0397
Last Review: 06/01/2023



IMPORTANT | Paramount medical policies only apply to Paramount Advantage Medicaid claims with dates of service before Feb. 1, 2023. Please contact Anthem, for Medicaid claims with dates of service on or after Feb. 1, 2023.

GUIDELINES

- This policy does not certify benefits or authorization of benefits, which is designated by each individual policyholder terms, conditions, exclusions and limitations contract. It does not constitute a contract or guarantee regarding coverage or reimbursement/payment. Self-Insured group specific policy will supersede this general policy when group supplementary plan document or individual plan decision directs otherwise.
- Paramount applies coding edits to all medical claims through coding logic software to evaluate the accuracy and adherence to accepted national standards.
- This medical policy is solely for guiding medical necessity and explaining correct procedure reporting used to assist in making coverage decisions and administering benefits.

SCOPE

☒ Professional
☐ Facility

DESCRIPTION

Centering Pregnancy is an evidence-based health care delivery model that integrates maternal health care assessment, education, and support. Patients meet with their care provider and other group participants for an extended period of time, at regularly scheduled visits throughout their pregnancies and early postpartum care. Centering promotes patient engagement and community-building and has been shown to significantly improve infant health outcomes. Health outcomes for pregnancies, specifically increased birth weight and gestational age, and the satisfaction expressed by both the women and their providers, support the effectiveness of this model for the delivery of care.

POLICY

Paramount Commercial Insurance Plans, Medicare Advantage Plans, and Paramount Advantage Medicaid

- **Centering Pregnancy (99078-TH) does not require prior authorization when the coverage criteria below is met.**

COVERAGE CRITERIA

Paramount Commercial Insurance Plans, Medicare Advantage Plans, and Paramount Advantage Medicaid

Paramount strives to provide the best healthcare to its members and will cover Centering Pregnancy with the intent of increasing birth weight, decreasing prematurity, and promoting patient and health care provider satisfaction.

Paramount shall reimburse for group prenatal care via Centering Pregnancy for eligible pregnant members. In order to be reimbursed, the site must be accredited by the Centering Healthcare Institute. Centering Healthcare Institute is a non-profit organization that works closely with healthcare providers from all sectors to transform healthcare delivery and outcomes. Providers must maintain accreditation/ licensure with Centering Healthcare Institute to maintain participation in our centering pregnancy program.

Centering Pregnancy should include the following criteria:

- Group consists of 8 to 12 women with similar due dates.
- Each session meets between ninety (90) minutes to two (2) hours long.
- Women meet in a facilitated discussion to learn skills and develop a support network. The education and discussion must include the centering curriculum materials and cover topics including but not limited to, nutrition, stress management, labor and delivery, breastfeeding and infant care.
- Group meets for 10 sessions throughout pregnancy and early postpartum.
- A health care practitioner completes health assessments at the group setting. Patients participate as well.

Participating providers will receive reimbursement for providing Centering Pregnancy services when billed:

- CPT code 99078 with TH modifier (allowed up to 10 visits total)

These services pay separately from global maternity benefits and an evaluation and management (E/M) service on the same date of service.

CODING/BILLING INFORMATION

The inclusion or exclusion of a code in this section does not necessarily indicate coverage. Codes referenced in this clinical policy are for informational purposes only.

Codes that are covered may have selection criteria that must be met.

Payment for supplies may be included in payment for other services rendered.

CPT CODES	
99078	Physician or other qualified health care professional qualified by education, training, licensure/regulation (when applicable) educational services rendered to patients in a group setting (e.g., prenatal, obesity, or diabetic instructions)
MODIFIER	
TH	Obstetrical treatment/services, prenatal or postpartum

REVISION HISTORY EXPLANATION

ORIGINAL EFFECTIVE DATE: 03/14/2017

Date	Explanation & Changes
03/14/2017	<ul style="list-style-type: none">• Policy created to reflect most current clinical evidence per Medical Policy Steering Committee
12/28/2020	<ul style="list-style-type: none">• Medical policy placed on the new Paramount Medical policy format
03/01/2023	<ul style="list-style-type: none">• Medical Policy updated to reflect Medicaid coverage to Anthem as of 02/01/2023
06/01/2023	<ul style="list-style-type: none">• Medical Policy reviewed and updated to reflect the most current clinical evidence.• No changes to policy statement

Paramount reserves the right to review and revise our policies periodically when necessary. When there is an update, we will publish the most current policy to

<https://www.paramounthealthcare.com/services/providers/medical-policies/> .

REFERENCES/RESOURCES

Centers for Medicare and Medicaid Services, CMS Manual System and other CMS publications and services

American Medical Association, *Current Procedural Terminology (CPT®)* and associated publications and services

Centers for Medicare and Medicaid Services, Healthcare Common Procedure Coding System, HCPCS Release and Code Sets

U.S. Preventive Services Task Force, <http://www.uspreventiveservicestaskforce.org/>
Industry Standard Review

Hayes, Inc.

Industry Standard Review