

February 3, 2022

OVERVIEW:

Aetna Better Health of Louisiana would like to notify providers of [Informational Bulletin 22-3](#) which outlines updates to the Sinus Procedures Policy, effective March 09, 2022.

The new policy is detailed below and can be viewed in the Professional Services section of the [MCO manual](#).

Balloon ostial dilation and functional endoscopic sinus surgery are considered medically necessary for the treatment of chronic rhinosinusitis when all of the following criteria are met:

- Uncomplicated chronic rhinosinusitis limited to the paranasal sinuses without the involvement of adjacent neurological, soft tissue, or bony structures that has persisted for at least 12 weeks with at least two of the following sinonasal symptoms:
 - Facial pain/pressure;
 - Hyposmia/anosmia;
 - Nasal obstruction;
 - Mucopurulent nasal discharge; and
- Sinonasal symptoms that are persistent after maximal medical therapy has been attempted, as defined by all of the following, either sequentially or overlapping:
 - Saline nasal irrigation for at least six weeks;
 - Nasal corticosteroids for at least six weeks;
 - Approved biologics, if applicable, for at least six weeks;
 - A complete course of antibiotic therapy when an acute bacterial infection is suspected;
 - Treatment of concomitant allergic rhinitis, if present; and
- Objective evidence of sinonasal inflammation as determined by one of the following:
 - Nasal endoscopy; or
 - Computed tomography.
- Balloon ostial dilation and functional endoscopic sinus surgery are not covered and not considered medically necessary in the following situations:
 - Presence of sinonasal symptoms but no objective evidence of sinonasal disease by nasal endoscopy or computed tomography;
 - For the treatment of obstructive sleep apnea and/or snoring when the above criteria are not met;
 - For the treatment of headaches when the above criteria are not met; and
 - For balloon ostial dilation only, when sinonasal polyps are present.

Aetna Better Health of Louisiana is updating provider materials to address changes.

For questions, please contact LAProvider@AETNA.com or call 1-855-242-0802 and follow the prompts.