

Humana[®]

Music Therapy Eligibility Policy

Key point	Music Therapy is a Special Supplemental Benefit for the Chronically Ill (SSBCI). That means you must have one or more of the long-term health conditions listed below and meet all of the rules in this policy to get the benefit.
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Benefit Overview

This benefit offers up to 36 group music therapy sessions per plan year, that are approximately 50 minutes long. Sessions may be led on-site by a certified music therapist or a certified facilitator using the therapist's plan.

Music therapy is offered only through Humana Together in Health PPO Institutional Special Needs Plans (I-SNPs).

Benefit eligibility requirements

To get the music therapy benefit, you must be enrolled in a Humana I-SNP that offers the benefit. You must also meet all these requirements:

1.	Have an eligible chronic condition You must have one or more eligible chronic conditions from the list below.
2.	Be at high risk of hospitalization or other adverse health outcomes Based on clinical research, members with one or more eligible chronic conditions listed below are at high risk for hospitalization or other adverse health outcomes.
3.	Require intensive care coordination You must qualify and be enrolled in a Humana approved Care Management Program. You also must be actively participating in a care plan designed to support your specific health needs.

Eligible chronic conditions

Humana has determined, through clinical research, that the following chronic conditions are medically complex, may threaten the life or limit the health or function

of our members, and put our members at high risk of hospitalization or adverse health outcomes and require intensive care coordination.

Eligible chronic conditions include:

• Autoimmune disorders
• Cancer
• Cardiovascular disorders
• Chronic alcohol use and other substance use disorders
• Chronic and disabling mental health conditions
• Chronic heart failure
• Chronic kidney disease
• Chronic lung disorders
• Dementia
• Diabetes mellitus
• HIV/AIDS
• Neurologic disorders
• Post-organ transplant
• Severe hematologic disorders
• Stroke

How we determine eligibility

Having an eligible chronic condition does not mean you will get the music therapy benefit. We use one or both methods below to check if you have an eligible chronic condition:

1. Medical claims

You have a medical claim in the Humana system that shows a diagnosis for an eligible chronic condition. The service date must be on or after January 1, 2022.

2. Health Risk Assessment (HRA)

You reported a diagnosis for an eligible condition on the Humana Health Risk Assessment (HRA), completed on or after January 1, 2022.

Additional resources

Call Customer Care if you have questions about music therapy. The number is on the back of your Humana member ID card. You also can find benefit information in your plan documents at MyHumana (<https://account.Humana.com> and Humana.com/Medicare). Or ask Customer Care to mail them to you.

Disclaimer

Music Therapy is a special supplemental benefit for members with specific chronic conditions who require intensive care coordination and are at a high risk for hospitalization or other adverse health outcomes. Eligibility is determined using objective criteria established in accordance with CMS requirements, applicable Medicare regulations, and the specific terms of the member's Humana Medicare Advantage plan. Qualifying conditions may include diabetes mellitus, cardiovascular disorders, chronic and disabling mental health conditions, chronic lung disorders, or chronic heart failure, among others. See the plan's Evidence of Coverage for details.

Music Therapy is a Special Supplemental Benefit for the Chronically Ill (SSBCI). Benefits, eligibility requirements, and qualifying conditions may change from year to year. This policy does not replace, modify, or supplement your plan's Evidence of Coverage (EOC). In the event of a conflict between this policy and the EOC, the EOC will govern. Humana reserves the right to update this policy.