COVERAGE:

Work hardening programs are not considered medically necessary, as they are for the purpose of conditioning for a return to work and not for the treatment of a medical condition.

DESCRIPTION:

Work hardening is a highly specialized rehabilitation program that spans the transition from traditional rehabilitation therapies to return to work by simulating workplace activities and surroundings in a monitored environment. Programs may be developed and carried out by an occupational therapist and/or physical therapist. The goal is to create an environment in which returning workers can rebuild psychological self-confidence and physical reconditioning by replicating their work routine.

RATIONALE:

Coverage will not be allowed for Work Hardening programs as more carefully documented, randomized, controlled studies are needed to support the efficacy of these programs.

PRICING:

None

REFERENCES:


A search of the literature was completed through Medline database for a period of January 2000 - January 2003. No additional information was found.

DISCLAIMER:

State and federal law, as well as contract language, including definitions and specific inclusions/exclusions, takes precedence over Medical Policy and must be considered first in determining coverage. The member’s contract benefits in effect on the date that services are
rendered must be used. Any benefits are subject to the payment of premiums for the date on which services are rendered. Medical technology is constantly evolving, and we reserve the right to review and update Medical Policy periodically. HMO Blue Texas physicians who are contracted/affiliated with a capitated IPA/medical group must contact the IPA/medical group for information regarding HMO claims/reimbursement information and other general polices and procedures.