



# REIMBURSEMENT POLICY STATEMENT

## TrueCare

Policy Name & Number	Date Effective
Influenza Testing-TrueCare-PY-1579	07/01/2025
Policy Type	
REIMBURSEMENT	

Reimbursement Policies are intended to provide a general reference regarding billing, coding and documentation guidelines. Coding methodology, regulatory requirements, industry-standard claims editing logic, benefits design, and other factors are considered in developing Reimbursement Policies.

In addition to this policy, reimbursement of services is subject to member benefits and eligibility on the date of service, medical necessity, adherence to plan policies and procedures, claims editing logic, provider contractual agreements, and applicable referral, authorization, notification, and utilization management guidelines. Medically necessary services include, but are not limited to, those health care services or supplies that are proper and necessary for the diagnosis or treatment of disease, illness, or injury and without which the patient can be expected to suffer prolonged, increased, or new morbidity, impairment of function, dysfunction of a body organ or part, or significant pain and discomfort. These services meet the standards of good medical practice in the local area, are the lowest cost alternative, and are not provided mainly for the convenience of the member or provider. Medically necessary services also include those services defined in any federal or state coverage mandate, Evidence of Coverage or Certificate of Coverage documents, Medical Policy Statements, Provider Manuals, Member Handbooks, and/or other plan policies and procedures.

This policy does not ensure an authorization or reimbursement of services. Please refer to the plan contract (often referred to as the Evidence of Coverage or Certificate of Coverage) for the service(s) referenced herein. Except as otherwise required by law, if there is a conflict between the Reimbursement Policy Statement and the plan contract, then the plan contract will be the controlling document used to make the determination. We may use reasonable discretion in interpreting and applying this policy to services provided in a particular case and we may modify this Policy at any time.

According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

### Table of Contents

A. Subject .....	2
B. Background .....	2
C. Definitions.....	2
D. Policy .....	2
E. Conditions of Coverage .....	3
F. Related Policies/Rules .....	3
G. Review/Revision History .....	3
H. References .....	3

**A. Subject****Influenza Testing****B. Background**

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Rapid influenza diagnostic tests (RIDTs) are immunoassays that can identify the presence of influenza A and B viral nucleoprotein antigens in respiratory specimens and display the result in a qualitative way (positive vs. negative). Influenza can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. The best way to reduce the risk of flu and its potentially serious complications is by getting vaccinated each year.

Having clinical signs and symptoms consistent with influenza increases the reliability of a positive RIDT result. A positive result is most likely a true positive result if the respiratory specimen was collected within 3-4 days of illness during periods of high influenza activity (eg, winter). A negative result does not exclude influenza virus infection, and influenza should still be considered in a patient if clinical suspicion is high based upon history, signs, symptoms, and clinical examination.

**C. Definitions**

- **Influenza (Flu) Season** – Typically, flu activity begins to increase in October and peaks between December and February, although significant activity can last as late as May.
- **Rapid Influenza Diagnostic Tests (RIDTs)** – Immunoassays which detect the parts of the virus (antigens) that stimulate an immune response, resulting in a positive or negative result. These tests can provide results within approximately 10-15 minutes.

**D. Policy**

- I. TrueCare considers conventional testing, such as rapid influenza diagnostic tests (RIDTs), as lowest cost and should be utilized before any further testing or higher cost tests are performed.
- II. RIDTs are medically necessary for members (when influenza activity has been documented in the community or geographic area) who present with signs and symptoms of influenza, which may include the following:
  - fever of 100.4° or higher
  - feeling feverish/chills
  - cough
  - sore throat
  - runny or stuffy nose
  - muscle or body aches
  - headaches
  - fatigue (tiredness)
  - some people may have vomiting and diarrhea, though this is more common in children than adults

III. The lowest cost CPT code for testing must be utilized first to confirm influenza in a patient presenting symptoms:  
 87804 - Infectious agent antigen detection by immunoassay with direct optical observation; influenza

IV. If conventional testing is  
 A. Positive – no further testing is medically necessary.  
 B. Negative – if the member’s presenting symptoms support the diagnosis, then molecular diagnostic test (MDT) may be medically necessary to confirm the diagnosis.

V. Limitations/Exclusions  
 A. Only 1 RIDT per member per day is reimbursable.  
 B. Only 1 MDT per member per day is reimbursable, if medically necessary.  
 C. Duplicate tests will not be reimbursed.

E. Conditions of Coverage  
 NA

F. Related Policies/Rules  
 NA

G. Review/Revision History

DATE		ACTION
<b>Date Issued</b>	02/26/2025	New policy. Approved at Committee.
<b>Date Revised</b>		
<b>Date Effective</b>	07/01/2025	
<b>Date Archived</b>		

H. References

1. Diagnosing flu. Centers for Disease Control. October 3, 2022. Accessed December 2, 2024. [www.cdc.gov](http://www.cdc.gov)
2. Flu season. Centers for Disease Control. October 28, 2024. Accessed December 2, 2024. [www.cdc.gov](http://www.cdc.gov)
3. Rapid influenza diagnostic tests. Centers for Disease Control. September 17, 2024. Accessed December 2, 2024. [www.cdc.gov](http://www.cdc.gov)

Approved by DOM 4/14/2025