

January 2026: Medical Policies, Coding/Reimbursement

Select Health publishes the *Policy Update Bulletin* monthly with new, revised, and archived policy information as well as policy developments and related practice management tips.

Policy updates are featured below and on the next page. For coding and reimbursement updates, see [page 2](#).

Questions? Please contact:

- Marcus.Call@selecthealth.org for information on content of a medical policy
- Brandi.Luna@selecthealth.org for questions about coding and reimbursement policies
- Your Provider Relations representative for any other questions

Select Health Policy Updates

There is **one new coding/reimbursement policy** this month: [Breast Cancer Screening Requirements When Additional Follow-Up is Needed \(CR-102\)](#), which took effect on **01/01/2026**. There are **5 revised medical policies** (see **Table 1** below and on the next page) and **1 archived policy: Pancragen Molecular Diagnostic Test for Evaluation of Pancreatic Cysts (#603)**, which was archived on **01/12/26** as this test is no longer available.

Policies listed in the table below are arranged alphabetically by title, with a link to the online specialty-based book and page number where the policy can be found (or to the policy itself if coding/reimbursement). Policies are also available on the [Select Health website](#).

Table 1. Revised Medical Policies

Policy Title (Number)	Revision Date: Summary of Change (applies ONLY to Commercial plan policy UNLESS summary text appears in BOLD)
Applied Behavior Analysis (ABA) (630), see page 2 in the Behavioral Health booklet .	01/01/2026: <ul style="list-style-type: none"> • Removed language regarding exceptions for members on FEHB plans. • Modified the titles of headers in both criteria section A ("Medical Necessity to qualify for ABA and State Requirements") and criteria section B ("Essential Elements and Medical Necessity to initiate ABA"). • Modified and reorganized requirements outlined in both these sections.
Genetic Testing: Chromosomal Microarray Analysis (CMA) (297), see page 80 in the Genetic Testing booklet .	01/05/2026: <ul style="list-style-type: none"> • Removed previous criterion #B-1: "Common aneuploidy (trisomy 13, 18, 21, or sex chromosome) is not a suspected diagnosis ..." • Added new criteria section #D: "Select Health covers use of chromosomal microarray analysis (CMA) for HNF1B-MODY in individuals with renal cysts and diabetes."
Lipedema Treatment (683), see page 65 in the General Surgery booklet .	01/07/2026: <ul style="list-style-type: none"> • Changed requirements for conservative management from three or more months to six or more months in both criterion #I-B2 and criterion #II-Bi. • Added CPT codes 15832, 15833, and 15834 as covered when criteria are met.

Continued on page 2...

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Table 1. Revised Medical Policies, Continued

Policy Title (Number)	Revision Date: Summary of Change (applies ONLY to Commercial plan policy UNLESS summary text appears in BOLD)
Speech Therapy Guidelines (178), see page 72 in the Ear, Nose, and Throat booklet .	01/14/2026: <ul style="list-style-type: none"> Reformatted criteria so requirements in sections 1 and 2 (Written Plan of Care and Covered Conditions) are listed first. Modified requirements in criterion #2f: "Dysphagia and pediatric feeding disorders ... "
Viscosupplementation (188), see page 23 in the Pharmacology booklet .	12/30/2025: <ul style="list-style-type: none"> Removed specialist requirement. Updated list of conservative therapies. Removed requirement concerning total knee replacement. Removed criterion concerning chart notes being required. Clarified requirements in criterion #4d to read: "Intra-articular steroid injection (at least 1-month trial within the past 6 months; limit of 2 injections) ... "

Select Health Coding Updates

Psychotherapy Codes 90832-90838

Select Health has realigned our policy for time-based individual psychotherapy codes **90832–90838** to follow guidelines from the American Medical Association (AMA). Effective **January 1, 2026**, only one unit per date of service will be allowed for these codes, in accordance with the official AMA descriptions and section guidelines.

Realigned Editing System Coming in 2026

Select Health will be transitioning to a new editing system that will better align our editing processes with standard coding practices and Select Health policies, ultimately improving edit consistency and accuracy. The new platform is expected to launch in the first quarter of 2026.

Diagnosis Mapping Reminder

Proper mapping of diagnosis codes to the appropriate procedures is critical for accurate coding and reduced claim denial risk. Select Health encourages providers to routinely review coding practices within your teams to help ensure timely and compliant claims processing.

Questions? Contact your Provider Relations representative.