



## CPT Procedure Coding for HeartMath Techniques with emWave®/ Inner Balance™ Technology

Physicians and qualified [healthcare professionals](#) (nurse practitioners, clinical social workers, and physician assistants) may report HeartMath technique (like [Quick Coherence](#)®) training with [emWave](#) and [Inner Balance](#) technology with:

- an EM code (99201-99215) or;
- a psychotherapy code for time spent on Quick Coherence training:
  - » Psychotherapy, 30 minutes with patient and/or family member
  - » +90833 Psychotherapy, 30 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)
  - » 90834 Psychotherapy, 45 minutes with patient and/or family member
  - » 90836 Psychotherapy, 45 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)
  - » 90837 Psychotherapy, 60 minutes with patient and/or family member
  - » +90838 Psychotherapy, 60 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure).

Mental health providers (psychologists) may use psychotherapy codes:

- » 90832 Psychotherapy, 30 minutes with patient and/or family member
- » 90834 Psychotherapy, 45 minutes with patient and/or family member
- » 90837 Psychotherapy, 60 minutes with patient and/or family member.

Nonqualified health care providers including registered nurses may use:

- » 96150 Health and behavior assessment (e.g., health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with the patient; initial assessment
- » 96151 Health and behavior assessment (e.g., health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with the patient; re-assessment
- » 96152 Health and behavior intervention, each 15 minutes, face-to-face; individual

Please note that coverage and payment may vary by region and payer. Consult with your payer and/or billing specialist. Let us know about your billing and reimbursement experience—send your feedback to [cpt@heartmath.com](mailto:cpt@heartmath.com)

More information on using HeartMath techniques and technology with your patients and clients is available at [www.heartmathhealthprofessional.com](http://www.heartmathhealthprofessional.com)

## HeartMath® Techniques and Technology for Health Professionals

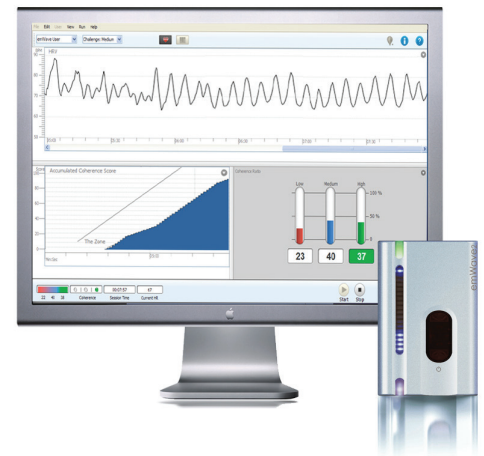
Help your clients learn internal awareness, self-regulation, and emotional management skills. Clients can learn to prevent stress by becoming aware of when the stress response starts and stopping it in the moment.

The emWave® Desktop, emWave2® and the Inner Balance™ app and sensor are simple, effective, easy-to-use and affordable. Clients like to use them and they feel good to use, both for the client and the practitioner. Help your clients make life-style changes and healthy choices.



### emWave® Desktop

The emWave Desktop computer program is the professional version for practitioners to use with clients in their practice. It has a multi-user data base, and can store records for multiple clients. It also has games, a Coherence Coach, and power spectrum analysis. This program is a great training program for teaching clients self-regulation and emotional management skills.



### emWave2®

The emWave2® is a portable handheld unit that can be used as a home training unit. It also connects to the computer to run a session. It saves data from the sessions which the client can review later. The saved session data can also be downloaded into the emWave Desktop computer program. It has a one person database. The emWave2 has games and activities and a Coherence Coach.

### Inner Balance™

The Inner Balance is a unit for the iPhone, iPad, and iPod Touch. The app is free and the sensor is purchased. This is a home training unit for clients to practice. It can also be used by the clinician on an iPad for training purposes. It saves sessions and has a power spectrum analysis. It has a one person database.



### HeartMath Interventions Certification Program

The HeartMath Interventions Certification Program (HMI) offers licensed health care practitioner's in-depth training on the science of heart rate variability (HRV) and its relationship to stress, health and emotional self-regulation. Specific treatment protocols are covered for working with clients or patients and step-by-step instructions on using the emWave® and Inner Balance™ technology products. The program has been designed to achieve quick and sustainable results. HMI combines home study, interactive webinars and on-going technical and clinical support.

For more information, please visit [www.heartmathhealthprofessional.com](http://www.heartmathhealthprofessional.com)

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