

HeartMath Techniques and Technology Coding Considerations 2026 updated 121425

In continued review of the HeartMath® technology and how it is provided during care, we still do not have a distinct (separate) CPT code available for this service, however there are available options to utilize the technology while providing other services. It is our understanding that the process to which this technology is utilized is generally in the practitioner or clinician office during an encounter or where HeartMath techniques are taught during a telehealth¹ session to help a patient manage their condition. This would mean that the measuring and feedback is provided during that time between the provider and the patient.

Based on how Heartmath technology is described, we would recommend providers consider the following approach to capture potential revenue for this service in addition to the main service provided as a consideration. Please note providers must be qualified from an insurance carrier standpoint to bill such services as well as meet the definition of the code(s) provided here for consideration.

Physicians/Non-physician Practitioners who are permitted to bill for evaluation and management services (MD, DO, CNP, PA):

Documentation regulations changed back in 2021; time alone may be used to select the appropriate code level for the office or other outpatient E/M services codes. (99202, 99203, 99204, 99205, 99212, 99213, 99214, 99215)

Time documentation:

Providers are instructed to include the total time spent face to face or non-face to face for an entire encounter on a calendar day, which “may” include the time spent working the patient through the HeartMath procedure. For example, if the HeartMath activity took approximately 15 minutes in addition to other activities of the encounter, this would potentially allow the provider to increase the code depending on the overall total time.

Documentation is key to supporting your code selection. Services will always be scrutinized for medical necessity.

Here are the codes and time factors involved:

99202	15 minutes met or exceeded	99212	10 minutes met or exceeded
99203	30 minutes met or exceeded	99213	20 minutes met or exceeded
99204	45 minutes met or exceeded	99214	30 minutes met or exceeded
99205	60 minutes met or exceeded	99215	40 minutes met or exceeded

We recommend that the provider document the total time spent in the encounter along with a brief summary of **all activities** which that time reporting is based on. The AMA provides a list of activities that are considered:

- preparing to see the patient (e.g., review of tests)
- obtaining and/or reviewing separately obtained history
- performing a medically appropriate examination and/or evaluation
- counseling and educating the patient/family/caregiver
- ordering medications, tests, or procedures
- referring and communicating with other health care professionals (when not separately reported)
- documenting clinical information in electronic or other health record
- independently interpreting results (not separately reported) and communicating results to the patient/family/caregiver
- care coordination (not separately reported)

¹ Please note: Telehealth coding rules/guidance is payer dependent; therefore it is important to investigate and understand how telehealth is billed for each payer which may differ from codes listed in this document.

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We also recommend the HeartMath data be integrated into the documentation to show how it impacts treatment plans and to measure successful outcomes using this technology. This would be in addition to the main service provided that again meets the definition and intent of the CPT code.

Psychologists, Licensed Social Workers, Professional Counselors, Marriage and Family Therapists, and other mental health professionals who may potentially provide the service during psychotherapy sessions:

As a reminder, psychotherapy time-based codes are as follows:

- 90832 - Psychotherapy 30 minutes with patient (*16-37 minutes*)
- 90834 - Psychotherapy 45 minutes with patient (*38-52 minutes*)
- 90837 - Psychotherapy 60 minutes with patient (*53 or more minutes*)

Another option for clinicians to bill for HeartMath related services is through health behavioral intervention. The following CPT code, 96158 is available should the provider utilize HeartMath technology to help manage the psychological aspect of a medical condition. These codes have specific requirements that must be met, they are NOT meant for or created for HeartMath alone. Please read the definition of the code below carefully:

96158 - Health behavior intervention, individual, face-to-face; *initial 30 minutes*

96159 – Health behavioral intervention individual, face-to-face; *each additional 15 minutes*

Definition: Health behavior intervention services are performed that may include cognitive, behavioral, social, psychophysiological, or other techniques designed to improve health, function, and treatment outcomes; reduce the frequency and severity of disease-related problems; minimize psychological stumbling blocks to managing the condition; and improve overall well-being. The intervention services **may be provided by any health care professional with specialized training in health and behavior interventions including physicians, psychologists, advanced practice nurses, or clinical social workers**². Intervention services are specifically designed for the individual patient based on a separately reportable assessment. Techniques used might include education related to biopsychosocial factors influencing health; stress reduction techniques including relaxation and guided imagery; seeking social support and participating in group discussions; developing needed social skills; and training in new management and coping strategies. Services focus on active patient participation in interventions aimed to improve the specific challenges related to the condition. Report CPT code 96158 for the first 30 minutes of individual, face-to-face intervention services and CPT code 96159 for each additional 15 minutes.

Group sessions codes with the same definition:

96164 - Health behavior intervention, group (2 or more patients), face-to-face; initial 30 minutes

96165 - Health behavior intervention, group (2 or more patients), face-to-face; each additional 15 minutes

Previous CMS Announcement Nov 2023 which went into effect 2024 regarding these codes: (new types of providers eligible)

Additionally, we are finalizing our proposal to allow the Health Behavior Assessment and Intervention (HBAI) services described by CPT codes 96156, 96158, 96159, 96164, 96165, 96167, and 96168, and any successor codes, to be billed by clinical social workers, MFTs, and MHCs, in addition to clinical psychologists. Health Behavior Assessment and Intervention codes are used to identify the psychological, behavioral, emotional,

² Please note that you MUST be a type of provider that is able to be credentialed by the insurance carrier as well the code definition must be in your scope of practice. The code guidance does not include Chiropractors, Physical Therapists, or Health Coaches as eligible.

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cognitive, and social factors included in the treatment of physical health problems. Allowing a wider range of practitioner types to furnish these services will allow for better integration of physical and behavioral health care, particularly given that there are so many behavioral health ramifications of physical health illness.

Coding Tips:

- The above codes listed are time based; therefore, you may apply the CPT mid-point rule which states: “a unit of time is attained when the mid-point is passed.” For example, in 96158 you would need a minimum of 16 minutes which would be past the “mid-point” in the time factor. However, you would need to do the full 30 minutes before you could continue on to the next code 96159 if additional time is spent. Do not report the code 96158 for services less than 16 minutes.
- These codes are approved as telehealth services.³ CMS (Medicare) also lists audio-only interaction as meeting the telehealth requirement for behavioral health related services.
- **Do not** report health behavior intervention services (**96156-96171**) in conjunction with psychiatric services (**90785-90899**) on **the same date**. Report the predominant service performed. This is very important to understand that 96158 cannot be billed on the same day as the therapy. You would need to perform the intervention on a separate day.
- When these services are provided by a physician, nurse practitioner or physician assistant, CPT code 96158 may be billed on the same day as an evaluation and management code (99202-99215), however guidance states it must not be the same provider.

Group Risk Factor Reduction: CPT 99411/99412

When using the technology in a group session, below are codes that may be utilized. Documentation is of course the key to support billing.⁴ Please note these codes are reserved for physician, nurse practitioner or physician assistant level of licensure to bill according to CPT.

- 99411 – Preventive/risk factor reduction intervention(s) for individuals in a group setting approx. 30 min
- 99412 - Preventive/risk factor reduction intervention(s) for individuals in a group setting approx. 60 min

These codes may be used to report the following counseling and/or behavior change intervention circumstances for:

- Persons whose behavior has not yet resulted in illness, or
- Persons whose behavior may exacerbate a condition and/or is considered an illness

Group Psychotherapy: CPT 90853

Group psychotherapy involves a provider working with several individuals who are experiencing similar stressors simultaneously. Therapy sessions typically last between 1-2 hours. (**Important note:** this is listed as “typical” and is not a specific requirement of the code selection)

³ This must be validated with each individual payer. The information contained in this document is from CPT which is copyrighted by the AMA and CMS which is typically accepted as industry standard guidance. These codes are also on the Medicare permanent list of approved telehealth.

⁴ Not every carrier will allow these services. If you intend to utilize these codes, we recommend checking with the carriers.

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Reminder: In 2024 certain MFTs and MHCs were granted recognition as eligible providers who can credential with and bill Medicare directly. Historically these provider types were excluded from the eligible provider list. In order to qualify to be credentialed by Medicare:

MFTs

- Possesses a master's or doctorate degree which qualifies for licensure or certification as a MFT under State law in which such individual furnishes marriage and family therapist services,
- Is licensed or certified as an MFT by the State in which they furnish services,
- Has performed at least 2 years of clinical supervised experience in marriage and family therapy or mental health counseling after obtaining the degree referenced above, and
- Meets other requirements as the Secretary of Health and Human Services (HHS) determines appropriate.

MHCs:

- Possesses a master's or doctorate degree which qualifies for licensure or certification as a MHC, clinical professional counselor, or professional counselor under State law of the State in which such individual furnishes MHC service,
- Is licensed or certified as an MHC, clinical professional counselor, or professional counselor by the State in which they furnish services,
- Has performed at least 2 years of clinical supervised experience in marriage and family therapy or mental health counseling after obtaining the degree referenced above, and
- Meets other requirements as the Secretary of HHS determines appropriate.

Behavioral Health Integration (BHI) Models

Behavioral Health Integration (BHI) is gaining traction with both CMS and the AMA as a structured way to support whole-person care by integrating behavioral health services within primary care settings. These models are particularly relevant for organizations and professionals interested in functioning as part of a primary care led team, including roles that support behavioral change, care coordination, and patient engagement under appropriate supervision.

As facilitators of the behavior change process, health and wellness coaches support clients in achieving self-directed goals and behavioral changes aligned with the client's vision for health and wellbeing, informed by treatment plans established by the client's professional healthcare team. Within BHI care models, this scope aligns well with activities such as patient engagement, behavioral goal setting, adherence support, and reinforcement of care plans developed by licensed clinicians and prescribers.

While at this time HeartMath is not a covered service under Medicare or most commercial insurance plans, HeartMath technology may be used as a supportive tool within BHI services when it complements but does not replace covered care management, behavioral health monitoring, or care coordination activities. In this context, HeartMath may assist patients with self-regulation, stress awareness, and engagement in their care plan as part of a broader, clinician-directed BHI framework.

The reference links provided in this document are important for understanding the structure and requirements of BHI services. It is critical to note that BHI models carry specific operational, documentation, and supervision requirements that must be met. Additionally, the Collaborative Care Model (**CoCM**) involves more complex psychiatric oversight and registry requirements, while Advanced Primary Care Management (**APCM**) requires the primary care practice to meet defined infrastructure and performance standards. Additional details are provided in the references following this section.

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The codes below represent options that may be used in BHI models where services are furnished under the direction and general supervision of a primary care practitioner, allowing trained team members including those functioning in coaching or care management capacities to support behavioral health needs within a compliant, whole-person care approach.

Behavioral Health Integration Codes

G0323

Care management services for behavioral health conditions furnished by a clinical psychologist (CP), clinical social worker (CSW), marriage and family therapist (MFT), or mental health counselor (MHC). Services include assessment and monitoring using validated rating scales, care plan development and modification, coordination with prescribers and other treating clinicians, and continuity of care with a designated team member.

- Time requirement: 20 minutes
- Billing: May be billed directly by CPs, CSWs, MFTs, and MHCs credentialed with Medicare (effective January 1, 2024, per the CMS 2024 Physician Fee Schedule Final Rule); may be recognized by some commercial payers.

99484

General BHI care management (non-CoCM) using a systematic approach to assess and monitor behavioral health conditions, revise care plans, coordinate behavioral health treatment, and maintain an ongoing relationship with a designated team member.

- Billing: Billed directly by a physician (MD/DO) or qualified practitioner (NP/PA)
- Service delivery: Performed by clinical or ancillary staff working incident to the billing practitioner

The **behavioral health care manager** under 99484 does not need to be independently credentialed with Medicare but must meet CMS education and training expectations and operate within the defined care model.

Behavioral Health Care Manager Qualifications

The behavioral health care manager is a designated member of the care team with the following characteristics:

- **Education and Training:** Formal education or specialized training in behavioral health or related disciplines (e.g., social work, nursing, psychology, or other relevant behavioral health training). CMS does not specify a minimum degree requirement.
- **Licensure Flexibility:** May or may not be a professional eligible to independently bill Medicare, allowing appropriately trained individuals to function in supportive roles under supervision.
- **Availability and Integration:** Must be available to provide face-to-face and non-face-to-face services, establish an ongoing patient relationship, collaborate with the care team, and support continuity of care, including activities that may occur outside standard clinic hours.

Health and wellness coaches may participate in Behavioral Health Integration (BHI) services in a supportive, non-clinical role under the direction and general supervision of the billing practitioner, limited to activities such as patient engagement, behavioral goal reinforcement, adherence support, health education, and care coordination aligned with the care plan.

The permissibility of health and wellness coaches participating in BHI services is highly dependent on state scope of practice laws, payer policy, and supervision structure. Organizations should confirm, prior to implementation, that such participation is allowed under applicable state law and payer guidance and is consistent with CMS BHI requirements.

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For more information regarding these services:

<https://www.cms.gov/files/document/mln909432-behavioral-health-integration-services.pdf>

<https://www.ama-assn.org/delivering-care/public-health/designing-workflow-behavioral-health-integration>

Digital Therapeutics 98975 and 98978 and Medicare codes G0552, G0553, and G0554

Many things have been published about digital therapeutics for behavioral health. In this document, we will provide some insight to those codes.

Note: Heartmath is not considered a medical device and therefore would not qualify for remote physiological or remote therapeutic monitoring CPT codes. The inclusion of these codes in this document are provided to help readers better understand the requirements.

- **98975** - Remote therapeutic monitoring (e.g., therapy adherence, therapy response, digital therapeutic intervention); initial set-up and patient education on use of equipment
- **98978** - Remote therapeutic monitoring (e.g., therapy adherence, therapy response, digital therapeutic intervention); device(s) supply for data access or data transmissions to support monitoring of cognitive behavioral therapy, each 30 days

The reason we may **not** use these codes to identify Heartmath technology is guidance in the CPT book which states: “to report 98975, 98976, 98977, 98978, the device used must be a medical device as defined by the FDA.”

Medicare published three new codes for digital therapeutics for behavioral health as well.

- **G0552** - Supply of digital mental health treatment device and initial education and onboarding, per course of treatment that augments a behavioral therapy plan
- **G0553** - First 20 minutes of monthly treatment management services directly related to the patient's therapeutic use of the digital mental health treatment (DMHT) device that augments a behavioral therapy plan, physician/other qualified health care professional time reviewing information related to the use of the DMHT device, including patient observations and patient specific inputs in a calendar month and requiring at least one interactive communication with the patient/caregiver during the calendar month
- **G0554** - Each additional 20 minutes of monthly treatment management services directly related to the patient's therapeutic use of digital mental health treatment

The reason we may **not** use these codes to identify Heartmath technology is guidance in the federal register that reads:

- The DMHT device has to be cleared under section 510(k) of the FD&C Act granted De Novo authorization by FDA and classified under 21 CFR 882.5801.
- The billing practitioner is incurring the cost of furnishing the DMHT device to the beneficiary.
- Furnishing of the DMHT device is incident to the billing practitioner's professional services in association with ongoing behavioral health treatment under a plan of care by the billing practitioner.
- The billing practitioner diagnoses the patient with a mental health condition and prescribes or orders the DMHT device.

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We hope all this information continues to educate on codes potentially used to encompass the HeartMath technology during other billable services. Heartmath continues to be recognized as one of the world's foremost authorities on HRV, Heart Coherence, emotional physiology, workplace stress and optimal employee performance. Regardless, this has not yet resulted in an assigned CPT code specific to its use.

***For information on HeartMath health professional programs, go to
<http://healthprofessional.heartmath.com>
or call 800-450-9111 or 831-338-8700 from 9-5 Pacific time.***

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Disclaimer:

The information contained in this document is effective as of January 1, 2026, it is intended for general information purposes only to assist providers in understanding current guidelines and/or limited code options as it relates to services provided via HeartMath technology. Best practice is to document all clinically relevant information in the medical record to support services billed. When time is included in the definition of a code, time must be documented in the encounter record. These codes are available to select providers. (licensure and scope of practice should be considered) Always check with your own billing staff, consultants and/or insurance carriers before billing any codes. For questions related to information in the document send email to skunzi@codingadvantage.com.

For more information and coding updates:

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