

# **ISSUES IN COVERAGE FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE SERVICES:**

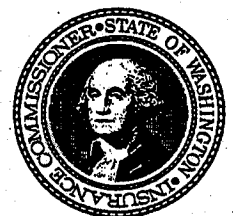
## **Report of the Clinician Workgroup on the Integration of Complementary and Alternative Medicine**

**January 2000**

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*Foreword*

The Clinician Workgroup on the Integration of Complementary and Alternative Medicine-CWIC was created to develop positive working relationships between health insurance companies and the complementary and alternative health care provider communities within the new regulatory framework presented by RCW 48.43.045, the first law in the United States to require insurers to include access to "every category" of provider in Managed Care.

This report documents the events that led up to the formation of the CWIC, its organization and activities, lessons learned and recommendations for further action.

Also included is essential supporting information, including the legal framework governing the health care professions in Washington, a chronology of events, and list of resources.

The Workgroup has completed the first phase of its task. Its program, agenda was developed by the participants, outside facilitators and the technical staff of the Office of the Insurance Commissioner-OIC. This included discussion of issues related to standard development for Complementary and Alternative Medical professions (CAM), standards for insurance coverage of CAM services, add-on versus replacement costs in health care, the role of the primary care provider and application of the term "medical necessity" when applied to CAM.

A dominant subject throughout the three years of CWIC's existence has been clinical guidelines and algorithms. CAM professions currently do not have such guidelines developed, making the determination of "medical necessity" difficult from the insurance carrier perspective.

To address this issue, CWIC conducted two specific training sessions. From this, each of the CAM professions developed an algorithm for at least one condition frequently treated by their profession. CWIC believes this methodology can provide significant assistance to insurers' abilities to make decisions about medical necessity for coverage of CAM services.

The CWIC is grateful for the participation of so many talented health care professionals and insurance industry representatives over the past three years. It is hoped this report will provide assistance to health care professionals, policy makers, and insurers throughout Washington and the United States.

## **ACKNOWLEDGEMENTS**

A special note of recognition is made to the following persons for their time and commitment to the development of the Clinician Workgroup on the Integration of CAM and the ongoing activities. The committee met for a three year period of regularly scheduled meetings which consumed a great deal of time to work on very difficult issues. Each participant should also be recognized for their ongoing individual presentations that took place throughout the three years. Without their input this report would not be possible. Thank you for your contributions.

### **Clinician Workgroup on the Integration of CAM Workgroup Participants by Licensed Profession 1997-1999**

#### **Acupuncture (including licensed acupuncture participants)**

Jim Blair, LAc, Acupuncture Association of Washington  
Carl Dahlgren, Lac, Acupuncture Association of Washington  
Pat Flood, LAc, Acupuncture Association of Washington  
\*Christopher Huson, LAc, Acupuncture Association of Washington  
Susan Kaetz, External Clinics Manager, Northwest Institute of Acupuncture and Oriental Medicine  
Bruce Sturgeon, LAc, MOM, Clinical Dean, Northwest Institute of Acupuncture and Oriental Medicine  
Barbara Mitchell, JD, LAc, National Acupuncture and Oriental Medicine Alliance

#### **Chiropractic (including doctor of chiropractic participants)**

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Bruce Frickelton, Executive Director, Washington State Chiropractic Association  
\*John Huber, DC, Washington State Chiropractic Association  
Austin McMillin, DC, Washington State Chiropractic Association  
Robert Mootz, DC, Associate Medical Director, Washington State Labor and Industries  
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#### **Dietetics (including registered dietitian participants)**

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#### **Massage Therapy (including licensed massage therapist participants)**

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Dee Spath, LMP, American Massage Therapy Association, National Standards of Care Special Committee  
Diana Thompson, LMP, American Massage Therapy Association, National Standards Committee  
Carl Wilson, LMP, American Massage Therapy Association, Washington Chapter

### **Conventional Medicine (including medical doctor participants)**

Jim Bender, MD, Virginia Mason Medical Center  
John Castiglia, MD, Premera Blue Cross (previously representing Regence BlueShield)  
Rocky Frederickson, MD, Providence Health Plan  
Hanns Haesslein, MD, Providence Seattle Medical Center  
Elaine Jong, MD, Hall Health Primary Care Center, UWAMC  
Gary Kaplan, MD, Virginia Mason Medical Center  
Richard Layton, MD, Retired, Medalia Health Care  
Rayburn Lewis, MD, Providence Seattle Medical Center  
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### **Midwifery (including licensed midwife participants)**

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\*Jo Anne Myers-Ciecko, MPH, Executive Director, Seattle Midwifery School

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\*Robert May, ND, Alternare Health Services  
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Ann Eddy, Assistant to the Deputy Commissioner, additional support staff for committee

\*Note: Presenters for the draft seed algorithm presentations in September and October of 1999 are indicated by an asterisk next to their name in the above list.

**Additional Acknowledgements**

*Group Health Cooperative of Puget Sound and Regence BlueShield are acknowledged for their ongoing accommodations of meeting space.*

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**Special committee on editing**

*Lori Bielinski, Ann Eddy, Lawrence Jacobson, Bruce Milliman, Robert Mootz, Laura Patton, Barbara Stenson, Allen Sussman, and John Weeks*

**OUTSIDE PRESENTERS**

Additional acknowledgements are made to those health care providers and organizations that presented to the Clinicians Workgroup in addition to the regular participants. Without the presentations of the following people the discussions of integration and the detail of running a truly integrated clinic may have been limited. For these presenters we extend our appreciation for their time to present and prepare to educate us about their experiences. Thank you very much

**Clinician Workgroup on the Integration of CAM  
Outside Presenter's by Organization****Alternare of Washington (now Alternare Health Services)**

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**Center for Comprehensive Care**

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**Group Health Center for Health Studies**

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**Regence BlueShield**

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**Health Insurance Carriers**

Aetna US Healthcare

Group Health Cooperative of Puget Sound

Pacificare of Washington

Premera Blue Cross

Qual Med Washington Health Plan

Regence BlueShield

UnitedHealthcare

**Provider Professional Associations**

Acupuncture Association of Washington

American Massage Therapy Association, Washington Chapter

Midwives Association of Washington State

Washington Association of Naturopathic Physicians

Washington State Chiropractic Association

Washington State Dietetic Association

**Physician and Hospital Groups**

Multicare Health System

Sisters of Providence Health System

Swedish Medical Center

University of Washington Medical Center

Valley Medical Center

Virginia Mason Medical Center

**CAM Provider Networks**

Alternare Health Services

American Complementary Care Network

American WholeHealth Network

**CAM Educational Institutions**

Ashmead College

Bastyr University

Brenneke School of Massage

Brian Utting School of Massage

Northwest Institute of Acupuncture and Oriental Medicine (NIAOM)

Seattle Midwifery School

**Office of the Insurance Commissioner**

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