



## Healthfirst Reimbursement Policy Updates Frequency of Trigger Point Injections

For All Lines of Business

Healthfirst aims to ensure that our reimbursement policy standards are compliant with state and national industry standards.

### Policy Overview

As a reminder, Healthfirst does not reimburse more than three (3) trigger point injections in a 90-day period.

### Rationale

According to CMS policy (LCD L35010 Jurisdiction H-L), "It is expected that trigger point injections would not usually be performed more often than three sessions in a three-month period. If trigger point injections are performed more than three sessions in a three-month period, the reason for repeated performance and the substances injected should be evident in the medical record and available to the Contractor upon request."

### Billing Information

This policy applies to the following CPT codes:

**20552:** Injection(s); single or multiple trigger point(s), 1 or 2 muscle(s)

**20553:** Injection(s); single or multiple trigger point(s), 3 or more muscles

Should you have any questions, you may contact your network representative, or call Provider Services at **1-888-801-1660**, Monday to Friday, 8:30am–5:30pm.