

Coverage Guidance Prioritization Changes

Use of DXA in screening for and monitoring of osteoporosis

VbBS Recommendations:

1) Adopt a new diagnostic guideline

DIAGNOSTIC GUIDELINE XX OSTEOPOROSIS SCREENING AND MONITORING IN ADULTS

Osteoporosis screening by dual-energy X-ray absorptiometry (DXA) is covered only for women aged 65 or older, and for men or younger women whose fracture risk is equal to or greater than that of a 65 year old white woman who has no additional risk factors.

Fracture risk should be assessed by the World Health Organization's FRAX tool or similar instrument.

Repeat osteoporosis screening by DXA, for women with normal bone density, is not covered more frequently than once every fifteen years.

Routine osteoporosis screening by DXA is not covered for men.

Unless there has been significant change in the individual's risk factors, such that rapid changes in bone density are expected, monitoring of individuals with low bone density by repeat DXA scanning is covered only at the following frequencies:

- once every two years for those with osteoporosis or advanced osteopenia (T-score of -2.00 or lower)
- once every four years for moderate osteopenia (T-score between -1.50 and -1.99)
- once every fifteen years for mild osteopenia (T-score between -1.01 and -1.49).

Repeat testing is only covered if the results will influence clinical management. For purposes of monitoring osteoporosis medication therapy, testing at intervals of less than two years is not covered.