Concert Genetic Testing: Endocrinology

Reference Number: V2.2025 **Coding implications**
Date of Last Revision 04/26 **Revision Log**

See Important Reminder at the end of this policy for important regulatory and legal information.

OVERVIEW

This policy addresses the use of tests to measure various hormones and assess for diseases and conditions that primarily affect the endocrine system.

Pre-test and post-test genetic counseling that facilitates informed decision-making, addresses the possibility of secondary or incidental findings, and a plan for returning results before testing occurs is strongly advised.

For additional information see the Rationale section.

POLICY REFERENCE TABLE

Coding Implications

This clinical policy references Current Procedural Terminology (CPT®). CPT is a registered trademark of the American Medical Association. All CPT codes and descriptions are copyrighted 2024, American Medical Association. All rights reserved. CPT codes and CPT descriptions are from the current manuals and those included herein are not intended to be all-inclusive and are included for informational purposes only. Codes referenced in this clinical policy are for informational purposes only. Inclusion or exclusion of any codes does not guarantee coverage. Providers should reference the most up-to-date sources of professional coding guidance prior to the submission of claims for reimbursement of covered services.
The tests, CPT codes, and ICD codes referenced in this policy are not comprehensive, and their inclusion does not represent a guarantee of coverage or non-coverage. Please see the Concert Platform for additional registered tests.

> **NOTE: Coverage is subject to each requested code's inclusion on the corresponding LDH fee schedule. Non-covered codes are denoted (*) and are reviewed for Medical Necessity for members under 21 years of age on a per case basis. The non-covered codes will only be denoted in the table below and not throughout the policy. Please only reference the policy reference table for covered and non-covered codes.**

Monogenic Diabetes Panel Tests			
Monogenic Diabetes (Including Maturity Onset Diabetes of the Young (MODY)) Panels	Maturity Onset Diabetes of the Young (MODY) Panel (PreventionGenetics, part of Exact Sciences)	81403*, 81405*, 81406*, 81407*, 81479, E10, E11, E16.1, E16.2	1, 2, 5
	Maturity-onset diabetes of the young (MODY) (Ambry Genetics)		
	Monogenic Diabetes (MODY) Five Gene Evaluation (GCK,HNF1A,HNF1B,HNF4A,IPF1) (Athena Diagnostics Inc)		

RELATED POLICIES

This policy document provides criteria for endocrine disorders. Please refer to:

- ***General Approach to Laboratory Testing*** **for criteria related to endocrine disorders not specifically discussed in this or another non-general policy, including known familial variant testing.**

back to top

CRITERIA

It is the policy of Louisiana Healthcare Connections® that the specific genetic testing noted below is medically necessary when meeting the related criteria:

MONOGENIC DIABETES PANEL TESTS

Monogenic Diabetes (Including Maturity Onset Diabetes of the Young (MODY)) Panels

I. Multigene panel analysis to establish or confirm a diagnosis of monogenic diabetes (including maturity-onset diabetes of the young (MODY)) is considered medically necessary when:

A. The member/enrollee has a diagnosis of diabetes within the first 12 months of life, OR

B. **The member/enrollee has a diagnosis of diabetes before 30 years of age, AND**

1. **The member/enrollee has at least one of the following:**

a) **Autoantibody negative, OR**

b) **Retained C-peptide levels, OR**

C. **The member/enrollee has a diagnosis of diabetes not characteristic of type 1 or type 2 diabetes, AND**

1. **The member/enrollee has a family history of diabetes consistent with an autosomal dominant pattern of inheritance.**

II. **Current evidence does not support multigene panel analysis to establish or confirm a diagnosis of monogenic diabetes (maturity-onset diabetes of the young (MODY)) for all other indications.**

view rationale

back to top

RATIONALE

Monogenic Diabetes (Including Maturity Onset Diabetes of the Young (MODY)) Panels

American Diabetes Association

In 2024, the American Diabetes Association made the following recommendations (p. S32):

- **Individuals of any age who were diagnosed with diabetes in the first 6 months of life should have immediate genetic testing for neonatal diabetes (Category A).**
- **Children and those diagnosed in early adulthood who have diabetes not characteristic of type 1 or type 2 diabetes that occurs in successive generations (suggestive of an autosomal dominant pattern of inheritance) should have genetic testing for maturity-onset diabetes of the young (Category A)**

Murphy, et al.

Murphy, et al (2023) performed a systematic review and issued an expert opinion on how to use precision diagnostics to identify individuals with monogenic diabetes. The article states that the following individuals should be offered testing for monogenic diabetes:

1. **All patients diagnosed with diabetes before the age of 6 months should be tested for monogenic forms of neonatal diabetes using the large-gene panel.**

2. **All patients diagnosed between 6 and 12 months should be tested for monogenic forms of neonatal diabetes using the large-gene panel. No demonstrable yield of monogenic etiology to support reflexive genetic testing patients diagnosed with diabetes between 12-24 months.**
3. **Women with gestational diabetes and fasting glucose above 5.5 mmol/L without obesity* should be tested for GCK etiology.**
4. **Those with persisting, mild hyperglycemia (HbA1c 38–62 mmol/mol, or fasting glucose 5.5–7.8 mmol/L) at any age, in the absence of obesity* should be tested for GCK etiology.**
5. **People without obesity under the age of 30 years who are either autoantibody negative and/or have retained C-peptide levels should be tested for monogenic diabetes using a large-gene panel (p.10).**

International Society for Pediatric and Adolescent Diabetes (ISPAD)

In 2022, the International Society for Pediatric and Adolescent Diabetes (ISPAD) released a clinical practice consensus guideline for the diagnosis and management of monogenic diabetes in children and adolescents. The statement includes the following recommendations for genetic testing in the setting of neonatal diabetes and maturity onset diabetes of the young:

"All infants diagnosed with diabetes in the first 6 months of life are recommended to have immediate molecular genetic testing. Genetic testing may be considered in infants diagnosed between 6 and 12 months, especially in those without islet autoantibodies or who have other features suggestive of a monogenic cause" (p. 1190).

"The diagnosis of maturity onset diabetes of the young (MODY) is recommended in the following scenarios: family history of diabetes in a parent and first-degree relatives of that affected parent in persons with diabetes who lack the characteristics of T1D and T2D" (p. 1191).

back to top

Reviews, Revisions, and Approvals	Revision Date	Approval Date
New policy created; criteria previously in Concert Genetic Testing: Metabolic, Endocrine, and Mitochondrial Disorders. Semi-annual review with no change to criteria for Monogenic Diabetes (Including Maturity Onset Diabetes of the Young (MODY)) Panels except to change the "investigational" statement II to note that "current evidence does not support…". Coding table, rationale and references updated.	04/26	

REFERENCES

1. Murphy R, Colclough K, Pollin TI, et al. The use of precision diagnostics for monogenic diabetes: a systematic review and expert opinion. *Commun Med (Lond)*. 2023;3(1):136. Published 2023 Oct 5. doi:10.1038/s43856-023-00369-8
2. Greeley SAW, Polak M, Njølstad PR, et al. ISPAD Clinical Practice Consensus Guidelines 2022: The diagnosis and management of monogenic diabetes in children and adolescents. *Pediatr Diabetes*. 2022;23(8):1188-1211. doi:10.1111/pedi.13426
3. American College of Obstetricians and Gynecologists' Committee on Practice Bulletins—Obstetrics. ACOG Practice Bulletin No. 201: Pregestational Diabetes Mellitus. Obstet Gynecol. 2018 Dec;132(6):e228-e248. doi: 10.1097/AOG.0000000000002960. PMID: 30461693
4. US Preventive Services Task Force. Screening for Prediabetes and Type 2 Diabetes: US Preventive Services Task Force Recommendation Statement. *JAMA*. 2021;326(8):736–743. doi:10.1001/jama.2021.12531
5. American Diabetes Association Professional Practice Committee. 2. Diagnosis and Classification of Diabetes: Standards of Care in Diabetes-2024. Diabetes Care. 2024;47(Suppl 1):S20-S42. doi:10.2337/dc24-S002
6. American Diabetes Association Professional Practice Committee. 6. Glycemic Goals and Hypoglycemia: Standards of Care in Diabetes-2024. Diabetes Care. 2024;47(Suppl 1):S111-S125. doi:10.2337/dc24-S006

back to top

Important Reminder

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. LHCC makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved.

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back to top