

# Allergy Testing and Allergen Immunotherapy

The MCO shall cover allergy testing and allergen immunotherapy relating to hypersensitivity disorders manifested by generalized systemic reactions as well as by localized reactions in any organ system of the body. Covered allergy services shall include:

- ❖ In vitro specific IgE tests;
- ❖ Intracutaneous (intradermal) skin tests;
- ❖ Percutaneous skin tests;
- ❖ Ingestion challenge testing; and
- ❖ Allergen immunotherapy.

## Allergy Testing

The MCO shall cover allergy testing for enrollees who have symptoms of allergic disease, such as respiratory symptoms, skin symptoms, or other symptoms that consistently follow a particular exposure, not including local reactions after an insect sting or bite.

~~The MCO shall only cover allergy testing for children and adults who have symptoms that suggest they have an allergic disease. Allergy symptoms may include, but are not limited to:~~

- ~~❖ Respiratory symptoms: itchy eyes, nose, or throat, nasal congestion, runny nose, watery eyes, chest congestion or wheezing,~~
- ~~❖ Skin symptoms: hives, generalized itchiness or atopic dermatitis, and~~
- ~~❖ Other symptoms: anaphylaxis (severe life-threatening allergic reactions) or abdominal symptoms (cramping, diarrhea) that consistently follow particular foods or stinging insect reactions (other than large local swelling at the sting site).~~

## Allergen Immunotherapy

The MCO shall cover allergen immunotherapy at:

- ❖ A minimum of 180 doses every calendar year, per enrollee, for supervision of preparation and provision of antigens other than stinging or biting insects; and
- ❖ A minimum of 52 doses every calendar year, per enrollee, for supervision of preparation and provision of antigens related to stinging or biting insects;

The MCO shall cover allergen immunotherapy doses exceeding the above quantities when medically necessary.

The MCO's policy for allergen immunotherapy shall include the following:

- ~~❖ Allergen immunotherapy is only recommended for allergic asthma, allergic rhinitis and conjunctivitis, and stinging insect allergy. Immunotherapy for food allergies is not recommended. Decisions to initiate immunotherapy should be based on severity of allergy symptoms, other possible treatment options, and cost of treatment options.~~

- ❖ ~~Five years of age is the youngest recommended age to begin immunotherapy. There is no upper age limit for receiving immunotherapy. However, before initiating immunotherapy in an older person, consideration must be given to other common medical conditions that could make immunotherapy more risky.~~