

# TMS TRENDS

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## CAPITAL BLUE CROSS ADDS TMS AS A COVERED THERAPY

Due to limited insurance coverage, TMS has been inaccessible to many patients suffering from medication-resistant depression. But there is hope on the horizon. As of May 2012, Capital Blue Cross is now the first insurance company in our area to offer coverage of TMS therapy.

Capital Blue Cross contracts with Magellan Health Services, a specialty healthcare management company responsible for determining coverage of mental and behavioral health related patient services for a multitude of insurance companies.

In the past, all major insurance companies have retroactively paid for TMS therapy, but only on a case by case basis. But the addition of TMS to the Capital Blue Cross covered therapies is a step in the right direction. It is our hope that this step will lead to more insurance companies changing their mental and behavioral health plans to include TMS as a viable option for patients who meet the criteria.

Some of the major criteria that must be met in order to qualify for TMS include: 1. The patient must have a DSM-IV-TR Axis I diagnosis of a major depressive disorder that can be expected to improve through TMS treatment. 2. An evidence-based psychotherapy (e.g. cognitive-behavioral therapy) for depression was attempted and not effective. 3. The patient has demonstrated medication treatment-resistance during the current depressive episode, 4. ECT would not be considered clinically superior. These, among other criteria, are outlined in the new policy.

Although this is good news, each Capital Blue Cross benefit plan is different, and coverage may vary. In a recent email, Eric Mendelbaum of Neuronetics stated, "It is important to remember that every [Capital Blue Cross] patient should have their benefits verified to make sure they are covered for TMS."

**Dr. Boyadjis was recently cited as a co-author in a TMS research article published by Depression and Anxiety Journal! This article will be highlighted in August's issue of TMS trends. The full article can be accessed by clicking [here](#).**

## NEW CLINICAL COORDINATOR

The TMS Institute is pleased to welcome Erin Hipple as the new Clinical Coordinator. Ms. Hipple graduated magna cum laude from West Chester University, where she majored in Psychology and completed the Pre-Medical program.

Ms. Hipple begins her graduate work in the fall, with the pursuit of a double Masters degree in Psychology and Public/Integrative Health. Her current thesis interest involves studying the effects of meditation and mindfulness practices on at-risk populations, specifically within the prison system.

Erin is a certified yoga instructor, as well as a Thai yoga therapist. She has great interest in both Western and Eastern modalities of healing. She spent eight months on a yogic ashram studying various styles of yoga, as well as meditation and Sanskrit.

Ms. Hipple will be administering TMS treatments, managing the practice and will assist in clerical and insurance reimbursement matters.