



MASSACHUSETTS

LIGHT BOX THERAPY

How to help Blue Cross members

INTRODUCTION

Light therapy is a way to treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light. SAD is a type of depression that occurs at a certain time each year, usually in the fall or winter. During **light therapy**, patients sit or work near a device called a **light therapy box**.

When medically necessary, Blue Cross covers:

- Therapeutic light boxes, minimum 10,000 lux, table-top model (E0203) and
- Replacement bulbs for therapeutic light box, tabletop model (A4634)

Please note that the information below is for Blue Cross Blue Shield of Massachusetts commercial members only (it does not apply to Federal Employee Plan members).

Always check the patient's benefits to see if they're eligible for the service.

HOW TO HELP MEMBERS

Tell the member that medically necessary light boxes may be covered under their plan.

- A prescription or letter of medical necessity is required.
- The claim must be submitted with a diagnosis of depression or it will not be covered.
- The provider should be in the member's plan network for the most cost effective benefit. *For PPO members:* If the member uses an out-of-network provider, there will be additional cost incurred. PPO members may also purchase a light box on their own and [self-submit a claim](#) for reimbursement.

If a member asks for help in locating a provider who can supply the light box, please call the provider on behalf the member to ensure that the provider:

- Stocks a light box, and
- Contracts with the member's plan.

LIGHT BOX PROVIDERS

Here is a list of participating providers contracted with Blue Cross to supply light boxes, with location and telephone number:

Provider name	Provider NPI	City	Phone number
Agawam Medical Supply Corporation	1700958857	Agawam	1-413-789-1100
Cambridge Medical Supply Inc.	1629040324	Cambridge	1-617-876-3810
Letourneau's Pharmacy Inc.	1265486682	Andover	1-978-475-7779
M & M Medical Supply Inc.	1831176437	Mendon	1-877-966-6337
M & M Medical Supply Inc.	1528532892	Weymouth	1-781-803-6389

RELATED RESOURCES

[Medical policy 59 - Phototherapy: PUVA, UV-B and Targeted Phototherapy](#)

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