MASSACHUSETTS

LIGHT BOX THERAPY

How to help Blue Cross members

INTRODUCTION

With fewer daylight hours and limited exposure to the sun in the fall and winter months, some may experience symptoms of seasonal affective disorder (SAD). Symptoms include feeling consistently tired and sluggish, having trouble concentrating, experiencing feelings of depression and sadness, and even increased carbohydrate cravings. **Light therapy** is a way to treat SAD and certain other conditions by exposure to artificial light. 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. Federal Employee Program (FEP) members are excluded. **Always check the patient's benefits to see if they're eligible for the service**.

HOW TO HELP YOUR PATIENTS

Tell your patient 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 your patient's plan network for the most cost effective benefit. *For PPO members:* If the member uses an out-of-network provider, there may be additional costs incurred. PPO members may also purchase a light box on their own and self-submit a claim for reimbursement.

LIGHT BOX PROVIDERS

Below 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**

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