



Cardiac Solutions Program Test Request Tip Sheet

Refer to NIA’s clinical guidelines for criteria that determine the medical necessity for each cardiac procedure.


- **The following cardiac tests require preauthorization:**
 - Myocardial perfusion imaging (MPI).
 - Stress echocardiography (SE).
 - Coronary computed tomographic angiography (CCTA).
 - Cardiac PET, MR, CT, and EBCT may be included in a radiology benefits management program or considered part of Cardiac Solutions.
 - Cardiac catheterization (Cath).
 - Implantable cardiac device, including defibrillator, pacemaker, and CRT pacemaker.

Board-certified cardiologists review the test requests, which often include medical records.

- **An exercise treadmill test (or ECG)** doesn’t require preauthorization and can be considered an appropriate first step when evaluating potential heart disease for patients who can exercise.
- **SE is an alternative to MPI** because it results in less radiation exposure for patients who don’t have contraindications to physical activity.
 - **See the MPI vs SE tip sheet** for details of each test and their appropriate clinical scenarios.
- **Medical records may be requested for review** of selected cardiac procedures; records should be submitted as quickly as possible and contain all information pertinent to the request. Include the following information (see the Cardiac Checklist for details):
 - a. **Medical chart notes**, including patient’s current cardiac status/symptoms, cardiac factors, and indications.
 - b. **Relevant patient information**, such as age, BMI, family/medical history, risk factors, previous treatments/interventions, and problems with exercise capacity.

Radiation Exposure

MPI: 15–25 mSv
SE: 0 mSv
Chest X-ray: 0.1
(for comparison)
**Limit radiation exposure
whenever possible.**



¹ NIA Magellan refers to National Imaging Associates, Inc.

- c. **Results of exam and previous tests** (exercise stress test, echocardiography, stress echo, MPI, coronary angiography, etc.).
- d. **For cardiac catheterization requests**, include EKG results showing relevant changes, left ventricular function test reports, documentation of recent ejection fraction, etc.
- e. **For pacemaker or implantable cardioverter defibrillator (ICD) requests**, include EKG and/or telemetry strips showing bradycardia, EKG showing conduction abnormalities, EP study report, and/or tilt table test report, if applicable.
- f. **For cardiac resynchronization therapy requests**, include left ventricular function test report indicating LVEF, documentation of CHF symptoms and NYHA class, and/or 12-Lead EKG showing QRS width, if applicable.

Choosing Wisely Recommendations

- Don't perform MPI on patients who don't have cardiac symptoms unless high-risk markers are present.
- Don't perform MPI on patients at low risk for cardiac events.
- Don't perform MPI for routine follow-up of asymptomatic patients.
- Don't perform MPI as pre-op assessment in asymptomatic patients undergoing low- or intermediate-risk noncardiac surgery.