

Insurance Reimbursement

We have found that about sixty percent of insurance companies that cover psychiatric services reimburse our customers for the purchase of an Apollo light box (Non-UV Phototherapy Boxes).

Some insurance companies are unfamiliar with the diagnosis of Seasonal Affective Disorder and light therapy. For non-UV light therapy to be considered for coverage by your insurance company it is important that you provide them with the following:

- 1) A prescription,
- 2) A letter from your physician explaining the diagnosis of SAD and its treatment through light therapy,
- 3) Copies of published research supporting the therapy.
Link to [Some Published Research](#)
- 4) HCPC E0203 (Medical Code)
- 5) CPT 96900 (Procedural Code)

Below is an example of a letter that might be sent.

To whom it may concern,

This is to certify that _____ has been a patient of mine since _____, 20_____. I have treated him/her for recurrent major depressions (DSM-IV 296.3), with a seasonal pattern. This condition, also known as Seasonal Affective Disorder (SAD), has been shown in many studies in the United States and elsewhere in the world to respond to treatment with bright environmental light (light therapy). Light therapy is no longer considered experimental, but is a mainstream type of psychiatric treatment, described in the *Task Force Report of the American Psychiatric Association: Treatment of Psychiatric Disorders*, Vol. 3, pages 1890-1896, APA Press, 1989. In order to administer light therapy adequately, a quality light box such as the Philips goLite Blu, Philips BriteLite Energy Light or light therapy unit that produces 10,000 lux, is required. (see attached invoice).

Although a light box is an expensive piece of equipment, the experience of clinicians who have used it for many patients indicates that it saves a great deal of money in the long run, by reducing the number of doctors' visits and laboratory investigations of persistent symptoms, as well as the indirect costs of lost productivity. I contend in _____'s case the use of the Philips goLite Blu, Philips BriteLite Energy Light or light therapy unit that produces 10,000 lux should be regarded not only as a medical necessity, to be used in preference to (or in addition to) other forms of treatment, but also as a means of reducing his/her overall medical costs.