

Allergen Immunotherapy

- Also known as
1. Allergen-specific immunotherapy

2. Allergy serum

3. Allergy shots

4. Hyposensitization therapy

5. Immunologic desensitization

Description

Allergen immunotherapy, also known as allergy shots, is a form of long-term treatment that decreases symptoms for individuals with allergic rhinitis (runny nose, sneezing, congestion, sinus pressure), allergic asthma, conjunctivitis (eye allergy) or stinging insect allergy. Allergy shots work like a vaccine. The body responds to injected amounts of a particular allergen, given in gradually increasing doses, by developing immunity or tolerance to the allergen. Allergy shots decrease sensitivity to allergens and often leads to lasting relief of allergy symptoms even after treatment is stopped. Allergy shots are not used to treat food allergies.

Allergen Immunotherapy is delivered subcutaneously or sublingually. The subcutaneous method places allergens under the skin with a needle. The sublingual method involves using drops or tablets placed under the tongue.

- Table of Contents
- The following topics are included in this document:
- [Commercial](#)

• [Government Programs](#)

• [Individual and Family Business \(IFB\)](#)

Document history

The document history for the past 12 months is outlined below.

Date	Description
3.15.24	<i>Description</i> – Added delivery methods.
3.8.24	Refreshed due to age.

Commercial

Introduction	This section applies to all Commercial brands: Dean Health Plan (DHP), Mayo Medical Plan (MMP), Medica (including MHPS), and Prevea360.				
Benefits (all except MMP)	Covered under allergy shot benefits.				
Mayo Medical Plan (MMP)	Covered under allergy shot benefits.				
Document history	<div>The document history for the past 12 months is outlined below.</div> <table><tr><th>Date</th><th>Description</th></tr><tr><td>3.8.24</td><td>Refreshed due to age.</td></tr></table>	Date	Description	3.8.24	Refreshed due to age.
Date	Description				
3.8.24	Refreshed due to age.				

Government Programs

Introduction	This section applies to all Medicaid and Medicare products.				
AccessAbility (SNBC), Minnesota Senior Care Plus (MSC+)	<p>Medicaid only groups:</p> <ul style="list-style-type: none">• See Medicaid below. <p>Medicare eligible groups:</p> <ul style="list-style-type: none">• Quote office visit or outpatient hospital benefits.• Follows Medicare guidelines.• Medicare is the primary payer.• If no Medicare eligibility, Medicaid applies. See Medicaid below.				
AccessAbility Enhanced (I-SNBC), DUAL (MSHO)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none">• Medica is the only payer.				
Cost (Prime)	<p>Professionally administered drugs pull multiple benefits.</p> <ul style="list-style-type: none">• It is important to quote ALL benefits:<ul style="list-style-type: none">– Drug administration: Quote office visit or outpatient hospital benefits.– Injection (J-code): Covered under <i>Part B Prescription Drugs</i> in the EOC.– WI rider members: Part B drugs coinsurance does NOT apply. Quote administration only.• Follows Medicare guidelines.				
Med Advantage	<p>Covered under <i>Part B Prescription Drugs</i> in the EOC. Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none">• Follows Medicare guidelines.• Medica is the only payer.				
Med Supp (Select, Signature)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none">• Follows Medicare guidelines.• Medicare supplement.• Medicare is the primary payer.				
Medicaid	Quote office visit or outpatient hospital benefits.				
Document history	<p>The document history for the past 12 months is outlined below.</p> <table><tr><th>Date</th><th>Description</th></tr><tr><td>3.8.24</td><td>Refreshed due to age.</td></tr></table>	Date	Description	3.8.24	Refreshed due to age.
Date	Description				
3.8.24	Refreshed due to age.				

Individual and Family Business (IFB)

Introduction	This section applies to all Individual and Family Business (IFB) brands: Dean Health Plan (DHP), Medica, Medica (formerly WellFirst), and Prevea360.	
Benefits	Covered under allergy shot benefits.	
Document history	The document history for the past 12 months is outlined below.	
	Date	Description
	3.8.24	Refreshed due to age.