

## Cardiac Stress Test

Description	Cardiac stress test is an outpatient test to determine cardiovascular fitness. The patient exercises on a treadmill or exercise bike according to a standard protocol. During the procedure, an electrocardiogram (EKG) is done and heart rate, heart rhythm, and blood pressure are continuously monitored. Changes may be observed in the EKG and other measurements that might indicate blockage of arteries in the heart.						
See also	<p>Similar, related, or easily confused documents.</p> <ul style="list-style-type: none"><li>• <a href="#">Chemically Induced Stress Tests</a> - A chemical is injected to produce an effect on the heart similar to exercise and images are taken with the patient lying down.</li><li>• <a href="#">Myocardial Perfusion Imaging (MPI)</a> - A procedure to monitor a patient’s heart. A drug is injected into the patient to simulate the cardiac effect of exercise stress.</li><li>• <a href="#">Nuclear Stress Test</a> - An outpatient test where a small amount of radioactive substance is administered through an IV. A scanning device is used to measure the uptake of the substance by the heart to determine how well blood flows through the heart at rest and during exercise.</li><li>• <a href="#">Stress Echocardiogram</a> - The stress echocardiogram (stress echo) is done before and after a stress electrocardiogram (stress EKG or stress ECG). The stress echo uses echo images (ultrasound) to help assess a patient’s coronary arteries for blockages.</li></ul>						
Table of Contents	<p>The following topics are included in this document:</p> <ul style="list-style-type: none"><li>• <a href="#">Commercial</a></li><li>• <a href="#">Government Programs</a></li><li>• <a href="#">Individual and Family Business (IFB)</a></li></ul>						
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Commercial

Introduction	<p>This section applies to all Commercial brands: Dean Health Plan (DHP), Mayo Medical Plan (MMP), Medica (including MHPS), and Prevea360.</p>				
Benefits (all except MMP)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none"><li>• <b>Note:</b> This is not considered lab or X-ray.</li><li>• <b>Similar tests:</b> <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li></ul>				
Mayo Medical Plan (MMP)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none"><li>• <b>Note:</b> This is not considered lab or X-ray.</li><li>• <b>Similar tests:</b> <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li></ul>				
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Government Programs

Introduction	This section applies to all Medicaid and Medicare products.				
AccessAbility (SNBC), Minnesota Senior Care Plus (MSC+)	<p><a href="#">Medicaid only groups</a>:</p> <ul style="list-style-type: none"><li>See <a href="#">Medicaid</a> below.</li></ul> <p><a href="#">Medicare eligible groups</a>:</p> <ul style="list-style-type: none"><li>Quote office visit or outpatient hospital benefits.</li><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>Follows Medicare guidelines.</li><li>Medicare is the primary payer.</li><li>If no Medicare eligibility, Medicaid applies. See <a href="#">Medicaid</a> below.</li></ul>				
AccessAbility Enhanced (I-SNBC), DUAL (MSHO)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none"><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>Medica is the only payer.</li></ul>				
Cost (Prime)	<p>Quote outpatient diagnostic tests and therapeutic services and supplies.</p> <ul style="list-style-type: none"><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>Follows Medicare guidelines.</li></ul>				
Med Advantage	<p>Quote outpatient diagnostic tests and therapeutic services and supplies.</p> <ul style="list-style-type: none"><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>Follows Medicare guidelines.</li><li>Medica is the only payer.</li></ul>				
Med Supp (Select, Signature)	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none"><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>Follows Medicare guidelines.</li><li>Medicare supplement.</li><li>Medicare is the primary payer.</li></ul>				
Medicaid	<p>Quote office visit or outpatient hospital benefits.</p> <ul style="list-style-type: none"><li><b>Note</b>: This is not considered lab or X-ray.</li><li><b>Similar tests</b>: <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li></ul>				
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## Individual and Family Business (IFB)

Introduction	<p>This section applies to all Individual and Family Business (IFB) brands: Dean Health Plan (DHP), Medica, Medica (formerly WellFirst), and Prevea360.</p>				
Benefits	<p>Quote diagnostic services. If section doesn’t exist, quote other outpatient hospital services received from a physician.</p> <ul style="list-style-type: none"><li>• <b>Note:</b> This is not considered lab or X-ray.</li><li>• <b>Similar tests:</b> <a href="#">Myocardial Perfusion Imaging (MPI)</a> and <a href="#">Nuclear Stress Test</a> are similar tests, but have different benefits. Verify which procedure is being done.</li><li>• <b>Medica IFB DOS prior to 1.1.24:</b> Covered under office visit or outpatient hospital benefits.</li></ul>				
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