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# Injectable Medications

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**Number: 0020**

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## Policy History

[Last Review](#)

02/18/2025

Effective: 10/06/1995

Next Review: 01/08/2026

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## Policy

### Scope of Policy

This Clinical Policy Bulletin addresses injectable medications.

#### I. Medical Necessity

A. Policy requirements for a trial of an injectable drug therapy may be waived for persons who meet diagnostic criteria for needle phobia (see appendix for DSM 5 criteria), if there is documentation of preexisting excessive fear (outside of the particular request being considered) of injections and blood draws with documented attempts at management and

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psychological counseling, especially if there are associated symptoms (vasovagal syncope, panic attack).

- B. Aetna covers injectable medications when an appropriate oral alternative drug does not exist. This coverage includes those medications intended to be self-administered. The medication must be medically necessary and appropriate to the member's needs or condition.

## II. Experimental, Investigational, or Unproven

Experimental, investigational drugs or drugs that have not been proven safe and effective for a specific disease or approved for a mode of treatment by the U.S. Food and Drug Administration (FDA) and/or the National Institutes of Health are not covered.

This provision does not exclude coverage of established "off label" uses of otherwise FDA-approved prescribed medications.

## III. Policy Limitations and Exclusions

- A. Drugs related to the treatment of non-covered services are not covered. Infertility injectable medications are covered only when required by regulation or covered by a specific benefit design. Steroids are not covered for the enhancement of performance, as this is not considered treatment of disease.

**Note:** Some state-to-state and plan type variations exist.

- B. Certain classes of injectable medications are excluded from coverage under some benefit plans. Please check benefit plan descriptions for details:

1. Anabolic steroids when used for performance enhancement
2. Contraceptive injectable medications. <sup>\*\*</sup>
3. Immunizations for travel
4. Infertility injectable medications. <sup>\*</sup>

**\*Exception:** Infertility injectable medications; are covered only when required by regulation or covered by a specific benefit design.

\*\*Contraceptive injectable medications are covered under plans with the contraceptives rider or under plans with a contraceptives benefit, as well as under non-grandfathered plans that are currently subject to DHHS requirements for coverage of preventive services.

#### IV. Related Policies

- [CPB 0327 - Infertility \(../300\\_399/0327.html\)](#)
- [CPB 0473 - Vaccines for Travel \(../400\\_499/0473.html\)](#)
- [CPB 0510 - Progestins \(../500\\_599/0510.html\)](#)
- [CPB 0528 - Androgens and Anabolic Steroids \(../500\\_599/0528.html\)](#)

**Note:** Medical necessity criteria for oral and certain self-administered injectable medications are addressed in Pharmacy Clinical Policy Bulletins (PCPBs).

## CPT Codes / HCPCS Codes / ICD-10 Codes

*Information in the [brackets] below has been added for clarification purposes. Codes requiring a 7th character are represented by "+".*

Code	Code Description
Other CPT codes related to the CPB:	
90281 - 90399	Immune globulins [intramuscular, intravenous, subcutaneous]
90471, 90472, 90474	Immunization administration for vaccines/toxoids [intradermal, intramuscular, percutaneous, subcutaneous]
90581 - 90658, 90666 - 90676, 90691 - 90710, 90713 - 90749	Vaccines, toxoids [intradermal, intramuscular, intravesicular, percutaneous, subcutaneous]

Code	Code Description
96365-96379	Therapeutic, prophylactic, and diagnostic injections and infusions
Other HCPCS codes related to the CPB:	
A4737, A9543, A9563, A9564, A9600 - A9605, A9699, C8957 - C9235, G0008 - G0010, G0260, G0332, G3001, J0120 - J0270, J0278 - J2543, J2550 - J3520, J3570 - J3590, J7187 - J7199, J7319, J9000 - J9999, Q0081 - Q0085, Q0515, Q2009 - Q2017, Q3027, Q4079, Q4081 - Q4086, S0017 -S0081, S0091 - S0093, S0122 - S0132, S0145 - S0156, S0162 - S0167, S0171, S5550 - S5553	Injectable medications and administration [intramuscular, intrathecal, intravenous, subcutaneous]
ICD-10 codes covered if selection criteria are met:	
F40.231	Fear of injections and transfusions

Code	Code Description
F40.298	Other specified phobia [needle phobia]

## Background

## Appendix

### Specific Phobia: DSM 5 Diagnostic Criteria

- A marked fear or anxiety about a specific object or situation (e.g., flying, heights, animals, receiving an injection, seeing blood). Note: In children, the fear or anxiety may be expressed by crying, tantrums, freezing, or clinging.
- The phobic object or situation almost always provokes immediate fear or anxiety.
- The phobic object or situation is actively avoided or endured with intense fear or anxiety.
- The fear or anxiety is out of proportion to the actual danger posed by the specific object or situation and to the sociocultural context.
- The fear, anxiety, or avoidance is persistent, typically lasting for 6 months or more.
- The fear, anxiety, or avoidance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The disturbance is not better explained by the symptoms of another mental disorder, including fear, anxiety, and avoidance of situations associated with panic-like symptoms or other incapacitating symptoms (as in agoraphobia); objects or situations related to obsessions (as in obsessive-compulsive disorder); reminders of traumatic events (as in posttraumatic stress disorder); separation from home or attachment figures (as in

separation anxiety disorder); or social situations (as in social anxiety disorder).

Source: APA, 2013.

## References

The above policy is based on the following references:

1. AHFS Drug Information. Bethesda, MD: American Society of Health-System Pharmacists; updated periodically.
2. American Psychiatric Association (APA). Diagnostic and Statistical Manual of Mental Disorders. 5th ed. Washington, DC: APA; 2013.
3. Clinical Pharmacology. Tampa, FL: Gold Standard/Elsevier; updated periodically.
4. DRUGDEX System [Internet database]. Ann Arbor, MI: Truven Health Analytics Micromedex; updated periodically.
5. Lexi-Drugs. Alphen aan den Rijn, Netherlands: Wolters Kluwer; updated periodically.
6. NCCN Drug and Biologics Compendium. Fort Washington, PA: National Comprehensive Cancer Network (NCCN); updated periodically.
7. Physicians' Desk Reference (PDR). Montvale, NJ: Thomson PDR; updated periodically.



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