



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association

Medical Policy

Complementary Medicine

Table of Contents

- [Policy: Commercial](#)
- [Policy: Medicare](#)
- [Authorization Information](#)
- [Coding Information](#)
- [Policy History](#)
- [Information Pertaining to All Policies](#)
- [References](#)

Policy Number: 178

BCBSA Reference Number: N/A

NCD/LCD: N/A

Related Policies

None

Policy

Commercial Members: Managed Care (HMO and POS), PPO, and Indemnity Medicare HMO BlueSM and Medicare PPO BlueSM Members

The following services are considered **NOT MEDICALLY NECESSARY**:

- Acupressure
- Antioxidant therapy and nutritional supplements (except vitamin B12 for vitamin B12 deficient patients)
- Aromatherapy
- Ayurvedic Medicine
- Bioelectromagnetic therapy
- Colon Hydrotherapy
- Cupping Therapy
- Herbal Therapy
- Holistic Medicine
- Homeopathy
- Hypnotherapy
- Infratonic sound therapy (i.e., Infratonic QGM Machine, Infratonic Qi-Gong Machine)
- Iridology
- Naturopathic Medicine
- On-site massage (in the home or work setting)
- Oxidative Therapy
- Polarity Therapy
- Qi Gong
- Reflexology
- Reiki
- Rolfing.

Prior Authorization Information

Inpatient

- For services described in this policy, precertification/preauthorization **IS REQUIRED** if the procedure is performed **inpatient**.

Outpatient

- For services described in this policy, see below for situations where prior authorization **might be required** if the procedure is performed **outpatient**.

	Outpatient
Commercial Managed Care (HMO and POS)	This is not a covered service.
Commercial PPO and Indemnity	This is not a covered service.
Medicare HMO Blue SM	This is not a covered service.
Medicare PPO Blue SM	This is not a covered service.

CPT Codes / HCPCS Codes / ICD Codes

Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage as it applies to an individual member.

Providers should report all services using the most up-to-date industry-standard procedure, revenue, and diagnosis codes, including modifiers where applicable.

The following codes are included below for informational purposes only; this is not an all-inclusive list.

According to the policy statement above, the following CPT and HCPCS codes are considered **not medically necessary** for **Commercial Members: Managed Care (HMO and POS), PPO, Indemnity, Medicare HMO Blue and Medicare PPO Blue:**

CPT Codes

CPT codes:	Code Description
90880	Hypnotherapy

HCPCS Codes

HCPCS codes:	Code Description
S8930	Electrical stimulation of auricular acupuncture points; each 15 minutes of personal one-on-one contact with patient

Description

Acupressure: Physical pressure is used at certain trigger points on the body and the pressure may be applied by elbow, by hand, or by using various devices. It is based on the concept of life energy flowing through the body. Acupressure might help with nausea, stomach aches, vomiting, tension headaches and lower back pain. However, there is no reliable evidence on the effectiveness of acupressure.

Aromatherapy: The use of essential oils which can be used for massage or inhalation or water immersion or topical application. It is the use of aroma materials, essential oils and aromatics to help improve physical and psychological health.

Ayurveda: These therapies typically include meditation, laxatives, special diets, enemas, medicines, yoga, massage and medical oils. The medicines are often composed of minerals, metal substances and herbal compounds. There is no good evidence that Ayurveda is effective for treating any disease.

Bioelectromagnetic Therapy: The application of electromagnetic radiation for the treatment of various conditions. The study of the interaction between electromagnetic fields produced by living cells, tissues or organisms and also the effects of electromagnetic fields from mobile phones.

Colon Hydrotherapy: Also referred to as colon therapy or colon cleansing. The goal of this treatment to remove unspecified toxins from the colon and gastrointestinal tract by eliminating accumulated feces.

Cupping Therapy: Involves the use of suction cups (often heated) to help with blood flow, reduce inflammation, reduce pain, and to help with overall well-being and relaxation.

Herbal Medicine: Includes the use of medicinal plants, fungal and bee products, as well as minerals, shells and certain animal parts. The dosage and purity standards are lacking. There is insufficient evidence about its safety and efficacy.

Holistic Medicine: Uses both conventional and alternative therapies to prevent and treat diseases. It tries to address the whole person, mind and body and spirit. Its goal is overall optimal health. It includes patient education and participation in the healing process. Holistic medicine looks at the nutritional, environmental, emotional, nutritional, physical, spiritual and lifestyle.

Homeopathy: A natural healing system based on the belief that the body can cure itself. It is also used to help relieve symptoms and restore vitality. It uses natural remedies, usually plants and/or minerals. It is used for helping with physical and mental health issues ranging from sore throats and colds to arthritis and depression and asthma.

Hypnotherapy: Positive suggestions and guided imagery are used under hypnosis to help patients with various issues and concerns. Hypnosis is typically performed by a therapist using verbal repetition and mental images.

Infrasonic Therapy: A form of massage therapy using sound waves. It is claimed that infusing damaged or abnormal tissue with soundwaves may promote healing, reduce inflammation and ease pain.

Iridology: An alternative medicine that examines the characteristics of the iris of the eye. The concept is that the iris can be read like a map that shows the current state of health as well as point to potential health challenges.

Naturopathic Medicine: is alternative medicine using practices that are non-invasive or natural and promote healing. The concept is that many diseases can be treated or prevented without drugs or medical testing or surgery. Instead, diet, exercise and massage are used.

Oxidative Therapy: Goes by many names and it boils down to adding more oxygen to the blood and/or various tissues in various ways. Many benefits for the treatment of disease or for prevention are claimed. There are many different treatment methods which include forcing additional oxygen into the lungs under pressure, mixing the blood with ozone gas, injection of ozone under the skin to treat scarring, insufflation into the nose or ear or bladder, or vagina or rectum.

Polarity Therapy: Based on the concept of achieving or restoring a balanced distribution of the body's energy and maintaining proper energy flow throughout the body. Exercise, manipulation and diet are used. The theory is that all energy in the human body is based on electromagnetic force. Improperly dissipated energy leads to disease.

Qigong: is practiced throughout China and worldwide for cultivating and finding self-healing balance. It is a system of movement, deep breathing, and meditation as well as coordinated body posture. It is practiced as preventive medicine, exercise; slow and rhythmic. Its goals include archiving a calm and meditative state of mind.

Reflexology: is also known as zone therapy. It involves applying pressure to specific parts of the feet and hands and it is generally done without lotion or oil. It is performed using hand massage, thumb or finger/s. The theory is that applying pressure or massaging certain places on the feet or hands will bring about improvements or changes to various parts of the body. The theory is that various reflex areas or zones on and feet correspond to different

parts of the body. The claim is that reflexology brings about physical improvements and reduced stress levels thus helps improve overall health.

Reiki: is treatment that seeks to promote physical and emotional healing by helping to balance the universal energy or life energy or fields of energy. The goal is to allow healing energy to freely flow throughout the body. The theory is that the Reiki practitioner can transfer healing energy to the patient. Reiki is more about healing energy rather than massage. Reiki is sometimes known as acupuncture without needles.

Rolfing: is also called Rolf therapy or integration, and it was developed by Ida Rolf. It generally consists of ten physical manipulation sessions. This is sometimes referred to as the “recipe.” Those who practice this therapy do both superficial and deep manual therapy. The process is sometimes painful. It is based on Rolf’s theories about the benefits of aligning the body’s “energy field” with the gravitational field of the earth.

Summary

Alternative medicine involves the use of various therapies and products and health care practices, most of which have not been proven thoroughly tested or proven effective. Some alternative medicine might even use some proven traditional practices but becomes alternative used for purposes outside their original scientifically proven use.

Complementary medicine or integrative medicine is a combination of alternative treatments or therapies used along with generally accepted and scientifically proven and established medicine. These may hold promise but are yet unproven.

The shared claim of all of alternative medicine is a claim to help or cure that is often not based on the scientific method and thorough testing. Much of it relies on pseudoscience and therefore remains outside of standard medical science.

Most alternative medicine lacks proven scientific validation of its effectiveness. Whatever research and testing that has been done is insufficient, methodologically flawed and not of high quality. There may be some examples where alternative medicine or therapies might help, however the scientific validation and proof are lacking.

Policy History

Date	Action
8/2022	Annual policy review. Policy statements unchanged.
11/2021	Policy clarified to add bioelectromagnetic therapy as an investigational service. Policy statement and investigational indications unchanged. Policy updated to include description, summary and references from literature search through October 2021.
1/2020	Investigational statement on acupuncture was removed. Clarified coding information. Effective 1/1/2020.
3/2018	BCBSMA Medical Policy Group – Allergy, ENT and Otolaryngology review. No changes to policy statements.
4/2015	Massage therapy statement removed; Coverage for massage therapy is determined by the subscriber certificate. Non-coverage of acupuncture clarified. Effective 4/1/2015.

Information Pertaining to All Blue Cross Blue Shield Medical Policies

Click on any of the following terms to access the relevant information:

[Medical Policy Terms of Use](#)

[Managed Care Guidelines](#)

[Indemnity/PPO Guidelines](#)

[Clinical Exception Process](#)

[Medical Technology Assessment Guidelines](#)

References

1. Rosa L, Rosa E, Sarner L, Barrett S (April 1998). "A close look at therapeutic touch". JAMA. 279 (13): 1005–10. doi:10.1001/jama.279.13.1005. PMID 9533499.

2. Complementary, Alternative, or Integrative Health: What's In a Name?". NCCIH Pub. No. D156. National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health (NIH), US Dept. of Health and Human Services (US HHS). May 2002. Archived from the original on 2005-12-08. Retrieved 2006-07-11.

Acupressure Therapy

1. Raana HN, Fan XN. The effect of acupressure on pain reduction during first stage of labour: A systematic review and meta-analysis. *Complement Ther Clin Pract*. 2020 May;39:101126.
2. Alimoradi Z, Kazemi F, Gorji M et al. Effects of ear and body acupressure on labor pain and duration of labor active phase: A randomized controlled trial. *Complement Ther Med*. 2020 Jun;51:102413.
3. Solt Kirca A, Kanza Gul D. Effects of Acupressure Applied to P6 Point on Nausea Vomiting in Pregnancy: A Double-Blind Randomized Controlled. *Altern Ther Health Med*. 2020 Nov;26(6):12-17.
1. Kim M, Kim J. Effects of Acupressure on Pain, Flexibility, and Substance P in Middle-Age Women with Chronic Neck Pain. *J Altern Complement Med*. 2021 Feb;27(2):160-167.
2. Asgari MR, Mosaviinejad SS, Ebrahimian A et al. The effects of acupressure on the symptoms severity and function status and electrodiagnostic findings in patients with carpal tunnel syndrome. *Complement Ther Med*. 2020 Jun;51:102420.
3. Çevik B, Taşçı S. The effect of acupressure on upper extremity pain and quality of life in patients hemodialysis treatment: A Randomized Controlled Trial. *Complement Ther Clin Pract*. 2020 May;39:101128.
4. Zimpel SA, Torloni MR, Porfírio GJ et al. Complementary and alternative therapies for post-caesarean pain. *Cochrane Database Syst Rev*. 2020 Sep 1;9:CD011216.
5. Rani M, Sharma L, Advani U et al. Acupressure as an Adjunct to Pharmacological Treatment for Depression, Anxiety, and Stress in Patients with Knee Osteoarthritis. *J Acupunct Meridian Stud*. 2020 Aug;13(4):129-135.
1. Simsek Kucukkelepce D, Unver H, Nacar G, Tashan ST. The effects of acupressure and yoga for coping with premenstrual syndromes on premenstrual symptoms and quality of life. *Complement Ther Clin Pract*. 2021 Feb;42:101282.
2. Simsek Küçükkelepce D, Timur Tashan S. The effects of health belief model-based education and acupressure for coping with premenstrual syndrome on premenstrual symptoms and quality of life: A randomized-controlled trial. *Perspect Psychiatr Care*. 2021 Jan;57(1):189-197.
1. Cheung DST, Tiwari A, Yeung WF et al. Self-Administered Acupressure for Caregivers of Older Family Members: A Randomized Controlled Trial. *J Am Geriatr Soc*. 2020 Jun;68(6):1193-1201.
2. Wang X, Gu J, Liu J, Hong H. Clinical evidence for acupressure with the improvement of sleep disorders in hemodialysis patients: A systematic review and meta-analysis.

Antioxidant Therapy and Nutritional Supplements

1. Haider S, Schwarzingger A, Stefanac S et al. Nutritional supplements for neuropsychiatric symptoms in people with dementia: A systematic review and meta-analysis. *Int J Geriatr Psychiatry*. 2020 Nov;35(11):1285-1291.
2. Ganmaa D, Uyanga B, Zhou X et al. Vitamin D Supplements for Prevention of Tuberculosis Infection and Disease. *N Engl J Med*. 2020 Jul 23;383(4):359-368.
3. Isah AUJ, Ekwunife OI, Ejie IL et al. Effects of nutritional supplements on the re-infection rate of soil-transmitted helminths in school-age children: A systematic review and meta-analysis. *PLoS One*. 2020 Aug 13;15(8):e0237112.
4. Mah JY, Choy SW, Roberts MA et al. Oral protein-based supplements versus placebo or no treatment for people with chronic kidney disease requiring dialysis. *Cochrane Database Syst Rev*. 2020 May 11;5(5):CD012616.
5. Moore ZE, Corcoran MA, Patton D. Nutritional interventions for treating foot ulcers in people with diabetes. *Cochrane Database Syst Rev*. 2020 Jul 17;7(7):CD011378.
6. O'Bryan KR, Doering TM, Morton RW et al. Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A systematic review and meta-analysis of 35 trials. *Br J Sports Med*. 2020 May;54(10):573-581.
7. Fink HA, Linskens EJ, MacDonald R et al. Benefits and Harms of Prescription Drugs and Supplements for Treatment of Clinical Alzheimer-Type Dementia. *Ann Intern Med*. 2020 May 19;172(10):656-668.
8. Appel LJ, Michos ED, Mitchell CM et al. The Effects of Four Doses of Vitamin D Supplements on Falls in Older Adults: A Response-Adaptive, Randomized Clinical Trial. *Ann Intern Med*. 2021 Feb;174(2):145-156.

- Chandler PD, Chen WY, Ajala ON et al. Effect of Vitamin D3 Supplements on Development of Advanced Cancer: A Secondary Analysis of the VITAL Randomized Clinical Trial. *JAMA Netw Open*. 2020 Nov 2;3(11):e2025850.

Aromatherapy

- Gong M, Dong H, Tang Y et al. Effects of aromatherapy on anxiety: A meta-analysis of randomized controlled trials. *J Affect Disord*. 2020 Sep 1;274:1028-1040.
- Ball EL, Owen-Booth B, Gray A et al. Aromatherapy for dementia. *Cochrane Database Syst Rev*. 2020 Aug 19;8(8).
- Salehi-Pourmehr H, Ostadrahimi A, Ebrahimpour-Mirzarezaei M et al. Does aromatherapy with lavender affect physical and psychological symptoms of menopausal women? A systematic review and meta-analysis. *Complement Ther Clin Pract*. 2020 May;39:101150.
- Cheong MJ, Kim S, Kim JS et al. A systematic literature review and meta-analysis of the clinical effects of aroma inhalation therapy on sleep problems. *Medicine (Baltimore)*. 2021 Mar 5;100(9):e24652.
- Huang H, Wang Q, Guan X et al. Effect of aromatherapy on preoperative anxiety in adult patients: A meta-analysis of randomized controlled trials. *Complement Ther Clin Pract*. 2021 Feb;42:101302.

Ayurvedic Medicine (Therapies Include Medicines, Special Diets, Meditation, Yoga, Massage, Laxatives, Enemas, and Medical Oils)

- Devpura G, Tomar BS, Nathiya D et al. Randomized placebo-controlled pilot clinical trial on the efficacy of ayurvedic treatment regime on COVID-19 positive patients. *Phytomedicine*. 2021 Apr;84:153494..
- Pingali U, Sukumaran D, Nutalapati C. Effect of an aqueous extract of *Terminalia chebula* on endothelial dysfunction, systemic inflammation, and lipid profile in type 2 diabetes mellitus: A randomized double-blind, placebo-controlled clinical study. *Phytother Res*. 2020 Dec;34(12):3226-3235..
- Kumar Verma A, Kumar V, Singh S et al. Repurposing potential of Ayurvedic medicinal plants derived active principles against SARS-CoV-2 associated target proteins revealed by molecular docking, molecular dynamics and MM-PBSA studies. *Biomed Pharmacother*. 2021 May;137:111356.

Bioelectromagnetic Therapy

- Lihong Peng, Chenying Fu, Feng Xiong et al. Effectiveness of Pulsed Electromagnetic Fields on Bone Healing: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.

Colon Hydrotherapy

- Shellito AD, Russell MM. Diverting Loop Ileostomy for *Clostridium Difficile* Colitis: A Systematic Review and Meta-analysis. *Am Surg*. 2020 Oct;86(10):1269-1276.
- Felsenreich DM, Gachabayov M, Rojas A et al. Meta-analysis of Postoperative Mortality and Morbidity After Total Abdominal Colectomy Versus Loop Ileostomy with **Colonic** Lavage for Fulminant *Clostridium Difficile* Colitis. *Dis Colon Rectum*. 2020 Sep;63(9):1317-1326.

Cupping Therapy

- Zhang J, Yu Q, Peng L et al. Cupping for psoriasis vulgaris: A protocol of systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 May;99(20):e20348.
- Peng L, Yu Q, Zhang J et al. Cupping for neurodermatitis: A protocol of systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 Oct 2;99(40):e22586.
- Yunbo W, Mingqiang L, Guirong Q et al. The effect of moving cupping on psoriasis vulgaris and its influence on PASI score: A protocol for systematic review and meta-analysis. *Medicine (Baltimore)*. 2021 Feb 12;100(6):e24217.
- Xing M, Ding X, Zhang J et al. Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials. *Medicine (Baltimore)*. 2020 Oct 9;99(41):e22539.
- Meng XD, Guo HR, Zhang QY et al. The effectiveness of cupping therapy on chronic fatigue syndrome: A single-blind randomized controlled trial. *Complement Ther Clin Pract*. 2020 Aug;40:101210.
- Ye YJ, Xie YX, Yan TW et al. [Rolling needle pricking-cupping therapy and traditional pricking-cupping therapy for cervical spondylosis of neck type: a randomized controlled trial]. *Zhongguo Zhen Jiu*. 2020 Dec 12;40(12):1299-303.
- Xu Y, Cui ST, Bai LY et al. [Cupping treatment combined with antibiotics for bacterial pneumonia in children: a randomized controlled trial]. *Zhongguo Zhen Jiu*. 2021 Mar 12;41(3):283-7.

Herbal Therapy

1. Heidari-Beni M, Moravejolahkami AR, Gorgian P et al. Herbal formulation "turmeric extract, black pepper, and ginger" versus Naproxen for chronic knee osteoarthritis: A randomized, double-blind, controlled clinical trial. *Phytother Res.* 2020 Aug;34(8):2067-2073.
2. Wang Z, Jones G, Winzenberg T et al. Effectiveness of *Curcuma longa* Extract for the Treatment of Symptoms and Effusion-Synovitis of Knee Osteoarthritis : A Randomized Trial. *Ann Intern Med.* 2020 Dec 1;173(11):861-869.
3. Thomas JV, Smina TP, Khanna A et al. Influence of a low-dose supplementation of curcumagalactomannoside complex (CurQfen) in knee osteoarthritis: A randomized, open-labeled, active-controlled clinical trial. *Phytother Res.* 2021 Mar;35(3):1443-1455.
4. Khanna A, Das SS, Smina TP et al. Curcumagalactomannoside/Glucosamine Combination Improved Joint Health Among Osteoarthritic Subjects as Compared to Chondroitin Sulfate/Glucosamine: Double-Blinded, Randomized Controlled Study. *J Altern Complement Med.* 2020 Oct;26(10):945-955.
5. Zhao JL, Liang GH, Pan JK et al. [Network Meta-analysis of oral Chinese patent medicine in treatment of knee osteoarthritis]. *Zhongguo Zhong Yao Za Zhi.* 2021 Feb;46(4):981-999.
6. Xia L, Shi Y, Su J et al. Shufeng Jiedu, a promising herbal therapy for moderate COVID-19: Antiviral and anti-inflammatory properties, pathways of bioactive compounds, and a clinical real-world pragmatic study. *Phytomedicine.* 2021 May;85:153390.
7. Valizadeh H, Abdolmohammadi-Vahid S, Danshina S et al. Nano-curcumin therapy, a promising method in modulating inflammatory cytokines in COVID-19 patients. *Int Immunopharmacol.* 2020 Dec;89(Pt B):107088.
8. Wang JB, Wang ZX, Jing J et al. Exploring an Integrative Therapy for Treating COVID-19: A Randomized Controlled Trial. *Chin J Integr Med.* 2020 Sep;26(9):648-655.
9. Yan B, Jiang Z, Yuan J et al. Effects and safety of herbal medicines among community-dwelling residents during COVID-19 pandemic: A large prospective, randomized controlled trial (RCT). *Phytomedicine.* 2021 May;85:153403.
10. Xiao M, Tian J, Zhou Y et al. Efficacy of Huoxiang Zhengqi dropping pills and Lianhua Qingwen granules in treatment of COVID-19: A randomized controlled trial. *Pharmacol Res.* 2020 Nov;161:105126.
11. Zhao J, Yang X, Wang C et al. Yidu-toxicity blocking lung decoction ameliorates inflammation in severe pneumonia of SARS-COV-2 patients with Yidu-toxicity blocking lung syndrome by eliminating IL-6 and TNF-a. *Biomed Pharmacother.* 2020 Sep;129:110436.
12. [Large- scale prospective clinical study on prophylactic intervention of COVID-19 in community population using Huoxiang Zhengqi Oral Liquid and Jinhao Jiere Granules]. Yan BH, Jiang ZW, Zeng JP, *Zhongguo Zhong Yao Za Zhi.* 2020 Jul;45(13):2993-3000.
13. Hu K, Guan WJ, Bi Y et al. Efficacy and safety of Lianhuaqingwen capsules, a repurposed Chinese herb, in patients with coronavirus disease 2019: A multicenter, prospective, randomized controlled trial. *Phytomedicine.* 2021 May;85:153242.
14. Roostaei Firozabad A, Meybodi ZA, Mousavinasab SR et al. Efficacy and safety of Levamisole treatment in clinical presentations of non-hospitalized patients with COVID-19: a double-blind, randomized, controlled trial. *BMC Infect Dis.* 2021 Mar 24;21(1):297.

Holistic Medicine

1. Sandsund C, Towers R, Thomas K et al. Holistic needs assessment and care plans for women with gynaecological cancer: do they improve cancer-specific health-related quality of life? A randomised controlled trial using mixed methods. *BMJ Support Palliat Care.* 2020 Jun;10(2):e16.
2. Zhang X, Gao R, Lin JL et al. Effects of hospital-family holistic care model on the health outcome of patients with permanent enterostomy based on the theory of 'Timing It Right'. *J Clin Nurs.* 2020 Jul;29(13-14):2196-2208.
3. Azeez M, Clancy C, O'Dwyer T et al. Benefits of exercise in patients with rheumatoid arthritis: a randomized controlled trial of a patient-specific exercise programme. *Clin Rheumatol.* 2020 Jun;39(6):1783-17.
4. Firestone R, Cheng S, Dalhousie S et al. Exploring Pasifika wellbeing: findings from a large cluster randomised controlled trial of a mobile health intervention programme. *N Z Med J.* 2020 Oct 30;133(1524):82-101.92.
5. Attonito J, Villalba K, Dévieux JG. Effectiveness of an Intervention for Improving Treatment Adherence, Service Utilization and Viral Load Among HIV-Positive Adult Alcohol Users. *AIDS Behav.* 2020 May;24(5):1495-1504.

6. Resch B, Hofbauer-Krug C, Pansy J. Prospective Randomized Observational Pilot Trial Evaluating the Effect of Different Durations of Interdisciplinary Early Intervention and Family Support in Parents of Very Low Birth Weight Infants (Early Bird Study). *Front Public Health*. 2020 Jul 3;8:242.
7. Sandsund C, Towers R, Thomas K. **Holistic** needs assessment and care plans for women with gynaecological cancer: do they improve cancer-specific **health**-related quality of life? A randomised controlled trial using mixed methods. *BMJ Support Palliat Care*. 2020 Jun;10(2):e16.
8. Ramsey JT, Shropshire BC, Nagy TR et al. Essential Oils and **Health**. *Yale J Biol Med*. 2020 Jun 29;93(2):291-305.
9. Hoffmann-Vold AM, Allanore Y, Bendstrup E et al. The need for a **holistic** approach for SSc-ILD - achievements and ambiguity in a devastating disease. *Respir Res*. 2020 Jul 23;21(1):197.
10. Hu S, Anand P, Laughter M et al. **Holistic** dermatology: An evidence-based review of modifiable lifestyle factor associations with dermatologic disorders. *J Am Acad Dermatol*. 2020 Apr 29:S0190-9622(20)30724-6.

Homeopathy

1. Jennifer Jacobs, Wayne B Jonas, Margarita Jiménez-Pérez et al. Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials. *Pediatr Infect Dis J* 2003 Mar;22(3):229-34.

Hypnotherapy

1. Black CJ, Thakur ER, Houghton LA et al. Efficacy of psychological therapies for irritable bowel syndrome: systematic review and network meta-analysis. *Gut*. 2020 Aug;69(8):1441-1451.
2. Grégoire C, Faymonville ME, Vanhauzenhuyse A et al. Randomized controlled trial of a group intervention combining self-**hypnosis** and self-care: secondary results on self-esteem, emotional distress and regulation, and mindfulness in post-treatment cancer patients. *Qual Life Res*. 2021 Feb;30(2):425-436.
3. Ganslev CA, Storebø OJ, Callesen HE et al. Psychosocial interventions for conversion and dissociative disorders in adults. *Cochrane Database Syst Rev*. 2020 Jul 17;7(7):CD005331.
4. Werner A, Wu C, Zachariae R et al. Effects of antenatal **hypnosis** on maternal salivary cortisol during childbirth and six weeks postpartum-A randomized controlled trial. *PLoS One*. 2020 May 1;15(5):e0230704
5. Grégoire C, Faymonville ME, Vanhauzenhuyse A et al. Effects of an intervention combining self-care and self-**hypnosis** on fatigue and associated symptoms in post-treatment cancer patients: A randomized-controlled trial. *Psychooncology*. 2020 Jul;29(7):1165-1173.
6. Jensen MP, Mendoza ME, Ehde DM et al. Effects of **hypnosis**, cognitive therapy, hypnotic cognitive therapy, and pain education in adults with chronic pain: a randomized clinical trial. *Pain*. 2020 Oct;161(10):2284-2298
7. Hartmann-Boyce J, Livingstone-Banks J, Ordóñez-Mena JM et al. Behavioural interventions for smoking cessation: an overview and network meta-analysis.

Infratonic Sound Therapy

1. Yakobson D, Arnon S, Gold C et al. Music Therapy for Preterm Infants and Their Parents: A Cluster-Randomized Controlled Trial Protocol. *J Music Ther*. 2020 May 2;57(2):219-242.

Naturopathic Medicine

1. Zurbau A, Au-Yeung F, Blanco Mejia S et al. Relation of Different Fruit and Vegetable Sources With Incident Cardiovascular Outcomes: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. *J Am Heart Assoc*. 2020 Oct 20;9(19):e017728.
2. Thanalakshmi J, Maheshkumar K, Kannan R et al. Effect of Sheetal pranayama on cardiac autonomic function among patients with primary hypertension - A randomized controlled trial. *Complement Ther Clin Pract*. 2020 May;39:101138.
3. Peterson CT, Pourang A, Dhaliwal S et al. Modulatory Effects of Triphala and Manjistha Dietary Supplementation on Human Gut Microbiota: A Double-Blind, Randomized, Placebo-Controlled Pilot Study. *J Altern Complement Med*. 2020 Nov;26(11):1015-1024
4. Venugopal V, Geethanjali S, Poonguzhali S et al. Effect of Yoga on oxidative stress in type 2 diabetes mellitus: a systematic review and meta-analysis. *Curr Diabetes Rev*. 2021 Apr 4.

Massage Therapy

1. Amin T, Nur AN. Effect of Infant Massage in Reduction of Neonatal Jaundice. *Mymensingh Med J*. 2020 Oct;29(4):901-905.

2. Lu LC, Lan SH, Hsieh YP et al. Massage therapy for weight gain in preterm neonates: A systematic review and meta-analysis of randomized controlled trials. *Complement Ther Clin Pract.* 2020 May;39:101168.
3. Harrison TM, Brown R, Duffey T et al. Effects of Massage on Postoperative Pain in Infants With Complex Congenital Heart Disease. *Nurs Res.* 2020 Sep/Oct;69(5S Suppl 1):S36-S46.
4. Roshanray A, Rayyani M, Dehghan M et al. Comparative Effect of Mother's Hug and Massage on Neonatal Pain Behaviors Caused by Blood Sampling: A Randomized Clinical Trial. *J Trop Pediatr.* 2020 Oct 1;66(5):479-486.
5. Chen SC, Ho YS, Kwai-Ping Suen L et al. Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis. *Complement Ther Clin Pract.* 2020 May;39:101112.
6. Seiedi-Biarag L, Mirghafourvand M. The effect of massage on feeding intolerance in preterm infants: a systematic review and meta-analysis study. *Ital J Pediatr.* 2020 Apr 23;46(1):52.
7. Zhang C, Xiong G, Wang J et al. A multicenter, randomized controlled trial of massage in children with pediatric cerebral palsy: Efficacy of pediatric massage for children with spastic cerebral palsy. *Medicine (Baltimore).* 2021 Feb 5;100(5):e23469.
1. Guo PP, Fan SL, Li P et al. The effectiveness of massage on peri-operative anxiety in adults: A meta-analysis of randomized controlled trials and controlled clinical trials. *Complement Ther Clin Pract.* 2020 Nov;41:101240.
2. Ren N, Yang G, Ren X, Li L. Effects of foot massage on relieving pain, anxiety and improving quality of life of patients undergone a cervical spine surgery. *Health Qual Life Outcomes.* 2021 Jan 19;19(1):22.
3. Sayari S, Nobahar M, Ghorbani R. Effect of foot reflexology on chest pain and anxiety in patients with acute myocardial infarction: A double blind randomized clinical trial. *Complement Ther Clin Pract.* 2021 Feb;42:101296.
4. Dilaveri CA, Croghan IT, Mallory MJ et al. Massage Compared with Massage Plus Acupuncture for Breast Cancer Patients Undergoing Reconstructive Surgery. *J Altern Complement Med.* 2020 Jul;26(7):602-609.
5. Forestier R, Suehs C, Françon A et al. Usual care including home exercise with versus without spa therapy for chronic low back pain: protocol for the LOMBATHERM' study, a multicentric randomised controlled trial. *Trials.* 2020 May 11;21(1):392.
6. Chen FQ, Ge JF, Leng YF et al. Efficacy and safety of moxibustion for chronic low back pain: A systematic review and meta-analysis of randomized controlled trials. *Complement Ther Clin Pract.* 2020 May;39:101130.
7. Liu M, Li Y, Xian J et al. Pediatric Tuina (massage) for primary monosymptomatic nocturnal enuresis: A protocol for systematic review and meta-analysis. *J. Medicine (Baltimore).* 2020 Dec 18;99(51):e23738 This review will provide evidence of whether Pediatric Tuina (massage) is an effective and safe intervention for primary monosymptomatic nocturnal enuresis in children. *Ongoing Trial*

Qi Gong

1. Gill BK, Cant R, Lam L et al. Non-pharmacological depression therapies for older Chinese adults: A systematic review & meta-analysis. *Arch Gerontol Geriatr.* 2020 May-Jun;88:104037.
2. So WWY, Lu EY, Cheung WM et al. Comparing Mindful and Non-Mindful Exercises on Alleviating Anxiety Symptoms: A Systematic Review and Meta-Analysis. *Int J Environ Res Public Health.* 2020 Nov 23;17(22):8692.
3. Cheng TC, Lee YH, Mar CL et al. The Health Promoting Mindfulness or Qigong Educational Programs for Beneficial Lifestyle Changes of Cancer Survivors. *J Cancer Educ.* 2020 Aug;35(4):743-750.
4. Chan SHW, Chan WWK, Chao JYW et al. A randomized controlled trial on the comparative effectiveness of mindfulness-based cognitive therapy and health qigong-based cognitive therapy among Chinese people with depression and anxiety disorders. *BMC Psychiatry.* 2020 Dec 14;20(1):590. (N=187)
5. Zheng Y, Zhang Y, Li H et al. Comparative Effect of Liuzijue Qigong and Conventional Respiratory Training on Trunk Control Ability and Respiratory Muscle Function in Patients at an Early Recovery Stage From Stroke: A Randomized Controlled Trial. *Arch Phys Med Rehabil.* 2021 Mar;102(3):423-430
6. Xiao C, Zhuang Y, Kang Y. Effects of Wu Qin xi Qigong exercise on physical functioning in elderly people with knee osteoarthritis: A randomized controlled trial. *Geriatr Gerontol Int.* 2020 Oct;20(10):899-903
7. Li R, Chen H, Feng J et al. Effectiveness of Traditional Chinese Exercise for Symptoms of Knee Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Int J Environ Res Public Health.* 2020 Oct 27;17(21):7873.
8. Liu F, Cui J, Liu X et al. The effect of tai chi and Qigong exercise on depression and anxiety of individuals with substance use disorders: a systematic review and meta-analysis. *BMC Complement Med Ther.* 2020 May 29;20(1):161.

9. Lu EY, Lee P, Cai S et al. Qigong for the treatment of depressive symptoms: Preliminary evidence of neurobiological mechanisms. *Int J Geriatr Psychiatry*. 2020 Nov;35(11):1393-1401.
10. Moon S, Sarmiento CVM, Steinbacher M et al. Can Qigong improve non-motor symptoms in people with Parkinson's disease - A pilot randomized controlled trial? *Complement Ther Clin Pract*. 2020 May;39:101169.
11. Li X, Si H, Chen Y et al. Effects of fitness qigong and tai chi on middle-aged and elderly patients with type 2 diabetes mellitus. *PLoS One*. 2020 Dec 17;15(12):e0243989.
12. Zhang S, Zhu Q, Zhan C et al. Acupressure therapy and Liu Zi Jue Qigong for pulmonary function and quality of life in patients with severe novel coronavirus pneumonia (COVID-19): a study protocol for a randomized controlled trial. 2020 Aug 27;21(1):751.
13. Yu P, Li W, Li H et al. The efficacy and safety of health qigong for anti-aging: Protocol for a systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 Dec 4;99(49):e22877.

Reflexology

1. Allahbakhshian A, Gholizadeh L, Allahbakhshian M et al. The effects of foot reflexology on agitation and extubation time in male patients following coronary artery bypass surgery: A randomized controlled clinical trial. *Complement Ther Clin Pract*. 2020 Aug;40:101201.
2. Sayari S, Nobahar M, Ghorbani R et al. Effect of foot reflexology on chest pain and anxiety in patients with acute myocardial infarction: A double blind randomized clinical trial. *Complement Ther Clin Pract*. 2021 Feb;42:101296.
3. Toygar İ, Yeşilbalkan ÖÜ, Malseven YG et al. Effect of reflexology on anxiety and sleep of informal cancer caregiver: Randomized controlled trial. *Complement Ther Clin Pract*. 2020 May;39:101143.
4. Ying C, Xiaojun Z, Lijuan Z et al. Foot reflexology in the management of functional constipation: A systematic review and meta-analysis. *Complement Ther Clin Pract*. 2020 Aug;40:101198
5. Karatas N, Dalgic AI. Effects of reflexology on child health: A systematic review. *Complement Ther Med*. 2020 May;50:102364.
6. Bina S, Pacey V, Barnes EH et al. Interventions for congenital talipes equinovarus (clubfoot). *Cochrane Database Syst Rev*. 2020 May 15;5(5):CD008602.

Iridology: 2021 No clinical trials; Policy updated with literature review through October 2021. No references added.

Oxidative Therapy: 2021 No clinical trials; Policy updated with literature review through October 2021. No references added.

Polarity Therapy: 2021 No clinical trials; Policy updated with literature review through October 2021. No references added.

Reiki (Energy Healing): 2021 No clinical trials; Policy updated with literature review through October 2021. No references added.

Rolfing (Hands on Physical Manipulation Energy Field): 2021 No clinical trials; Policy updated with literature review through October 2021. No references added.