

DOCTOR'S LETTERHEAD HERE

re: HCPCS E0203, Therapeutic light box

Patient _____

Address _____

Insurance no. _____

Purchase date _____

Vendor _____ (Attach receipt.)

To Whom It May Concern:

The patient has purchased a bright light therapy system (Northern Light Technologies, 10,000 lux) for supervised use in home treatment. The following diagnoses (indicated by check mark for this patient) provide medical indication for use of light monotherapy or adjunctive combination with medication: Major Depressive Disorder, Single episode (F32.9), Recurrent (F33.9), In remission, unspecified (F33.40); Bipolar I Disorder (F31.9), Bipolar II Disorder (F31.81); Circadian Rhythm Sleep-Wake Disorders – Delayed Sleep Phase type (G47.21), Advanced Sleep Phase Type (G47.22), Irregular sleep-wake type (G47.23), Shift work type (G47.26), Unspecified (G47.20); Insomnia disorder (G47.00), Hypersomnolence disorder (G47.1), Other specified sleep-wake disorder (G47.8), Unspecified sleep-wake disorder (G47.9); Attention-deficit/hyperactivity disorder, Predominantly inattentive presentation (F90.0), Unspecified attention deficit/ hyperactivity disorder (F90.9).

We endorse insurance reimbursement for the apparatus as durable medical equipment (cf. Blue Cross/Blue Shield policy statement E01.01.04, 1 August 2003). Outpatient light therapy has expert consensus for both first-line and adjunctive treatment of seasonal and nonseasonal depression, and circadian rhythm sleep disorders:

- American Psychiatric Association. Practice guideline for the treatment of patients with major depressive disorder. 2000;157:1-45.
- Golden RN, Gaynes BN, Ekstrom RD, et al. The efficacy of light therapy in the treatment of mood disorders: a review and metaanalysis of the evidence. *Am J Psychiatry*. 2005;162:656-662.
- Lam R, Levitt A. (eds): *Canadian Consensus Guidelines for the Treatment of Seasonal Affective Disorder*. Vancouver, BC, Clinical and Academic Publishing, 1999.
- Lam RW, Levitt AJ, Levitan RD, et al. Efficacy of bright light treatment, fluoxetine, and the combination in patients with nonseasonal major depressive disorder: a randomized clinical trial. *JAMA Psychiatry*. 2016;73:56-63.
- Terman M, Terman JS. Light therapy for seasonal and nonseasonal depression: efficacy, protocol, safety and side effects. *CNS Spectrums*. 2005;10:647-663.
- Terman M, Terman JS. Light therapy. In *Principles and Practice of Sleep Medicine*, 4th ed. Kryger M, Roth T, Dement W, Eds. Philadelphia, Elsevier. 2005;1258-1274.
- Terman M, Terman JS. Chronotherapeutics: Light therapy, wake therapy, and melatonin. In *Clinical Handbook for the Management of Mood Disorders*, Mann JJ, Roose SP, McGrath PJ, eds. Cambridge, Cambridge University Press, 2013, pp. 332-344.
- Tuunainen A, Kripke DF, Endo T. Light therapy for non-seasonal depression. *Cochrane Database Sys Rev*. 2005;2:CD004050.
- Wirz-Justice A, Benedetti F, Terman M. *Chronotherapeutics for Affective Disorders: A Clinician's Manual for Light and Wake Therapy*. Basel, Karger, 2009.

Doctor's signature