Approved New: Do Not Implement Until 3/3/26

Remote Electrical Neuromodulation (REN)

DESCRIPTION

Remote electrical neuromodulation (REN) is a nonpharmacologic option that is being proposed as an alternative to pharmacological interventions in individuals with migraines. The current first-line therapy is pharmacological interventions that can lead to medication overuse with regular use. An individual also has the risk of increased progression of migraines with continued use of medication.

Nerivio™ is the only current available REN device approved by the FDA in 2019. This device is worn on the upper arm and stimulates the peripheral nerves to induce conditional pain control and is presumed to reduce the sensed migraine intensity. The device is controlled via Bluetooth communication with an individual's smartphone or tablet.

POLICY

- Remote electrical neuromodulation (REN) for the prevention of migraine is considered ***medically necessary*** if the medical appropriateness criteria are met. **(See Medical Appropriateness below.)**

- Remote electrical neuromodulation (REN) for the treatment of acute migraine is considered ***investigational.***

MEDICAL APPROPRIATENESS

- Remote electrical neuromodulation (e.g., Nerivio) for the prevention of migraine is considered **medically appropriate** if **ANY ONE** of the following are met:

    - Initial treatment for the prevention of migraine with **ALL** of the following:
        - Individuals 8 years or older
        - Headaches meet the ICHD-3 diagnostic criteria for migraine with or without aura **(See Additional Information.)**
        - 6 to 24 headache days per 28-day period (regardless of severity or duration) 3 months prior to initiating REN therapy and **ANY ONE** of the following:
            - Individuals with insufficient response, contraindication or unable to tolerate 2 or more preventative headache medications (e.g., anticonvulsants, antihypertensives, antidepressants, CGRP inhibitors)
            - Pregnant, breastfeeding, or planning to conceive
            - History or at risk of medication overuse
            - Risk of drug interactions with medication for comorbid conditions

        - Absence of **ALL** the following:
            - Uncontrolled epilepsy
            - Active implanted medical device (e.g., pacemaker, implanted hearing aid, any electronic implant)

    - Continuation of a REN device and/or accessories for prevention of migraines appropriate if **ALL** the following are met:
        - Compliance has been ongoing
        - Documentation of clinical benefit of **ANY ONE of** the following:
            - Improvement in pain relief or freedom

- Less frequent headaches, duration or severity
- Improvement in functional disability
- Reduction in headache medication being used concurrently with the REN device
- Less absenteeism from school

IMPORTANT REMINDERS

- Any specific products referenced in this policy are just examples and are intended for illustrative purposes only. It is not intended to be a recommendation of one product over another and is not intended to represent a complete listing of all products available. These examples are contained in the parenthetical e.g., statement.
- We develop Medical Policies to provide guidance to Members and Providers. This Medical Policy relates only to the services or supplies described in it. The existence of a Medical Policy is not an authorization, certification, explanation of benefits or a contract for the service (or supply) that is referenced in the Medical Policy. For a determination of the benefits that a member is entitled to receive under his or her health plan, the Member's health plan must be reviewed. If there is a conflict between the medical policy and a health plan or government program (e.g., TennCare), the express terms of the health plan or government program will govern.

ADDITIONAL INFORMATION

To access the international classification of headache disorder (ICHD-3) criteria, use the link below: **https://ichd-3.org/1-migraine/.**

SOURCES

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EFFECTIVE DATE 3/3/2026

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