

2026 Cardiac Mobile Outpatient Telemetry (CMOT)

Cardiology

CARD-CMOT-CDPHP
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Cardiac Mobile Outpatient Telemetry (CMOT)

Cardiac Mobile Outpatient Telemetry Related National Coverage Determination (NCD)/Local Coverage Determination (LCD)

Please refer to <https://www.cms.gov/medicare-coverage-database/search.aspx> if applicable to the individual's health plan membership.

Type/ID Number	Title
NCD 20.15	Electrocardiac Services
LCD 33952	Cardiac Event Detection
LCD 34573	Cardiac Event Detection
LCD 34636	Electrocardiographic (EKG or ECG) Monitoring (Holter or Real-Time Monitoring)
LCD 39490	Ambulatory Electrocardiograph (AECG) Monitoring
LCD 39492	Ambulatory Electrocardiograph (AECG) Monitoring

Clinical Judgment

These medical policies are designed to provide clinical guidance and do not supplant a provider's independent professional judgment. Physicians retain full and independent authority to determine appropriate care based on each patient's individual clinical circumstances. Although services may be subject to documentation requirements, medical necessity review, or coverage limitations, nothing in this policy is intended to restrict or interfere with a physician's independent medical judgment.

Preamble: Pediatric Cardiology Preamble

HealthHelp's clinical guidelines for the Cardiology program, are intended to apply to both adults and pediatrics (21 years of age or younger), unless otherwise specified within the criteria.

CMOT Guideline

Cardiac mobile outpatient telemetry (CMOT) (eg, MCOT™) is considered medically appropriate when the documentation demonstrates **ANY** of the following:

1. Cryptogenic stroke occurred recently (within the last 6 months), atrial fibrillation is suspected and **ALL** of the following:
 - a. Prior ambulatory event monitoring (within the last 6 months, for at least 14 consecutive days) is non-diagnostic or indeterminate.

- b. **NO contraindication** to anticoagulants **OR NO** existing indication for anticoagulation (eg, prosthetic valve)
- c. **NO** implanted device (cardiac resynchronization therapy [CRT], implantable cardioverter defibrillator [ICD], pacemaker) capable of monitoring arrhythmia is present.
- d. **NO** prior history of atrial fibrillation or atrial flutter.

References: [6] [7] [11]

2. Symptom evaluation (eg, episodic dizziness, presyncope, syncope), when arrhythmia is suspected and **ALL** of the following:
 - a. Prior ambulatory event monitoring (within the last 6 months, for at least 14 consecutive days) is non-diagnostic or indeterminate.
 - b. Symptoms occur less frequently than every 48 hours
 - c. **NO** implanted device capable of monitoring arrhythmia is present.

References: [6] [8] [11]

3. Syncopal episode is known and documented **AND** cardiac etiology is suspected.

References: [14]

4. Pediatric individual and **ANY** of the following:
 - a. Arrhythmia is known, age is over 2 years and up to 21 years old and requires long-term monitoring **OR** prior to placement of insertable cardiac monitors.
 - b. Cardiomyopathy is known, symptomatic (eg, dyspnea, exercise intolerance, fatigue) and **NO** etiology is known.
 - c. Congenital heart disease, is known **AND** asymptomatic, for treatment planning

References: [13] [2] [3]

CMOT Procedure Codes

Table 1. Cardiac Mobile Outpatient Telemetry (CMOT) Associated Procedure Codes

CODE	DESCRIPTION
93228	External mobile cardiovascular telemetry with electrocardiographic recording, concurrent computerized real time data analysis and greater than 24 hours of accessible ECG data storage (retrievable with query) with ECG triggered and patient selected events transmitted to a remote attended surveillance center for up to 30 days; review and interpretation with report by a physician or other qualified health care professional

CODE	DESCRIPTION
93229	External mobile cardiovascular telemetry with electrocardiographic recording, concurrent computerized real time data analysis and greater than 24 hours of accessible ECG data storage (retrievable with query) with ECG triggered and patient selected events transmitted to a remote attended surveillance center for up to 30 days; technical support for connection and patient instructions for use, attended surveillance, analysis and transmission of daily and emergent data reports as prescribed by a physician or other qualified health care professional

CMOT Summary of Changes

Cardiac mobile outpatient telemetry had the following version changes from 2025 to 2026:

Table 1. 2025-2026 Cardiac Mobile Outpatient Telemetry Summary of Changes

Date	Type of Change	Summary
01/05/2026	Annual	<ul style="list-style-type: none"> • Added "Prior cardiac event monitoring (within the last 6 months, for at least 14 consecutive days) is <u>non-diagnostic or indeterminate</u>." for clarity • Added the following to keep in line with current evidence: <ul style="list-style-type: none"> ▪ "Conduction disturbance (new left bundle branch block, PR or QRS prolongation more than 20 ms) is new or pre-existing/progressive AFTER transcatheter aortic valve repair (TAVR), for a minimum of 14 days" ▪ "Symptoms occur less frequently than every 48 hours" under "ALL of the following" ▪ "Syncope episode is known and documented AND cardiac etiology is suspected." • Removed the following due to redundancy: <ul style="list-style-type: none"> ▪ "Arrhythmia is known and ANY of the following:" ▪ "Atrial fibrillation is known and ANY of the following:" • Removed the following as this is standard of practice for this device: <ul style="list-style-type: none"> ▪ "Duration of monitoring is 30 days or less" ▪ "Indication for monitoring is non-life threatening." • Removed the following as current evidence no longer supports the indication: <ul style="list-style-type: none"> ▪ "Symptoms are intermittent or infrequent" from under "Arrhythmia risk is high" under "Arrhythmia is known" as it is redundant ▪ "in a pediatric individual from "Syncope" as it also applies to adults and moved it under "Arrhythmia is known" under "Clinical condition includes" • Reworded indications for clarity

CMOT Definitions

Ablation is a procedure performed in a cardiac catheterization laboratory during an electrophysiology study (EPS) for the purpose of destroying myocardial tissue by delivery of radio-frequency energy, electrical or cryo-energy. The procedure is used to correct heart arrhythmias.

Anticoagulant is a substance that is used to prevent and treat blood clots in blood vessels and the heart.

Arrhythmia is an irregular or abnormal heart rhythm. Arrhythmia refers to any change from the normal sequence of electrical impulses of the heart, causing abnormal heart rhythms. The electrical impulses may happen too fast, too slowly or erratically – causing the heart to beat too fast, too slowly or erratically.

Arrhythmogenic right ventricular dysplasia (ARVD) (also called arrhythmogenic right ventricular cardiomyopathy, right ventricular cardiomyopathy or right ventricular dysplasia) is a rare type of cardiomyopathy that occurs when the muscle tissue in the right ventricle dies and is replaced with scar tissue. This disrupts the heart's electrical signals and causes arrhythmias. Symptoms include palpitations and fainting after physical activity. ARVD usually affects teens or young adults and can cause sudden cardiac arrest (SCA) in young athletes. Researchers believe that arrhythmogenic right ventricular dysplasia is an inherited disease.

Atrial fibrillation (AF) is a cardiac rhythm disorder characterized by uncontrolled atrial activation without effective atrial contraction. On the electrocardiogram (ECG), P waves are absent. AF is characterized by rapid oscillations or fibrillatory waves that vary in amplitude, shape and timing associated with an irregular ventricular response.

- **Paroxysmal AF** terminates spontaneously or with intervention within 7 days of onset. Episodes typically convert back to sinus rhythm within 48 hours.
- **Persistent AF** is continuous AF sustained beyond 7 days.

Atrial flutter is a rhythm disorder characterized by coordinated electrical activity in the atria, and the electrocardiogram (ECG) shows a saw tooth pattern of the flutter waves.

- Typical atrial flutter is localized to the right atrium.
- Atypical atrial flutter refers to atrial flutter arising in the left atrium.

Cardiac resynchronization therapy is a procedure to implant a device in the chest to make the heart's chambers contract in a more organized and efficient way. Cardiac resynchronization therapy (CRT) uses a device called a biventricular pacemaker (also called a cardiac resynchronization device) that sends electrical signals to both ventricles. The signals trigger the ventricles to contract in a more coordinated way, which improves the pumping of blood out of the heart. Sometimes the device also contains an implantable cardioverter-defibrillator (ICD), which can deliver an electrical shock to reset the heart if the heart rhythm becomes dangerously erratic.

Coronary artery disease (CAD) is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body.

Cryptogenic stroke is a brain infarction not clearly attributable to a definite cardioembolism, large artery atherosclerosis or small artery disease despite extensive investigation.

Dilated cardiomyopathy is a condition in which the left ventricle, the heart's main pumping chamber, is enlarged (dilated). As the chamber gets bigger, its thick muscular wall stretches, becoming thinner and weaker. This affects the heart's ability to pump enough oxygen-rich blood to the rest of the body.

Echocardiogram (ECHO) is a test that uses high frequency sound waves (ultrasound) to make pictures of the heart. The test is also called echocardiography or diagnostic cardiac ultrasound. An echo uses sound waves to create pictures of the heart's chambers, valves, walls and the blood vessels (aorta, arteries, veins). A probe called a transducer is passed over the chest. The probe produces sound waves that bounce off the heart and "echo" back to the probe. These waves are changed into pictures viewed on a video monitor.

Electrocardiogram (ECG or EKG) is a test that measures and records the electrical activity of the heart. The ECG electrical activity is divided into the P wave, PR interval, QRS complex, QT interval, ST segment, T wave and U wave. An ECG is useful in establishing many cardiac diagnoses.

Holter monitor, also called an ambulatory ECG device, is a portable external monitoring device that records heart rhythms continuously for up to 72 hours.

Hypertrophic cardiomyopathy (HCM) is a congenital or acquired disorder, characterized by marked ventricular hypertrophy with diastolic dysfunction but without increased afterload (eg, due to valvular aortic stenosis, coarctation of the aorta, systemic hypertension). In obstructive HCM, the wall (septum) between the two bottom chambers of the heart thickens. The walls of the pumping chamber can also become stiff. It may block or reduce the blood flow from the left ventricle to the aorta. **Left ventricular outflow tract (LVOT)** obstruction is a common feature of HCM and a cause of symptoms and exercise limitation. LVOT obstruction is defined as a peak LVOT gradient of more than 30 mmHg at rest or more than 50 mmHg with provocation. Most people with HCM have LVOT. In non-obstructive HCM, the heart's main pumping chamber still becomes stiff. This limits how much blood the ventricle can take in and pump out, but blood flow is not blocked. ^{1,2}

Implantable cardiac defibrillator (ICD) is a mechanical device that is placed within the body and is designed to recognize certain types of arrhythmias such as ventricular tachycardia and ventricular fibrillation. The defibrillator corrects the heart rhythm when needed by delivering precisely calibrated and timed electrical shocks to restore a normal heartbeat.

Indeterminate findings are inconclusive or insufficient for treatment planning.

¹Merck & Co., Inc., "Hypertrophic Cardiomyopathy." [Online]. Available: www.merckmanuals.com

²American Heart Association (AHA). "Health Topics." [Online]. Available: www.heart.org

Left bundle branch block (LBBB) is a delay or obstruction along the electrical pathway to the heart's left ventricle, which can be caused by underlying heart problems. There are often no symptoms involved, however, symptomatic persons can experience syncope or pre-syncope, fatigue and shortness of breath.

Long QT syndrome (LQTS) is an abnormal feature of the heart's electrical system that can lead to a potentially life-threatening arrhythmia called torsades de pointes. Torsades de pointes may result in syncope or sudden cardiac death.

Mobile cardiac telemetry (MCT) - Real-time outpatient ECG monitoring is known as mobile cardiac telemetry (MCT or MCOT™). Mobile cardiac telemetry builds on other ECG monitoring systems by adding real-time data surveillance and technician evaluation. A portable telemetry device is worn and records the heart's rhythm. The data is transmitted to a remote surveillance receiving center. This service provides real-time, continuous, long-term cardiac rhythm surveillance in order to identify and document a suspected and/or paroxysmal dysrhythmia. The outpatient cardiac telemetry involves use of an automatically activated system and requires no patient intervention to capture or transmit dysrhythmia's when they occur. Qualified personnel at the receiving centers provide telemetry surveillance 24 hours a day, 7 days a week. The physician is notified of ECG abnormalities.

Near syncope is a feeling like one is going to pass out but without actual loss of consciousness.

Pacemaker is a small, battery-powered device that's surgically implanted in the chest or abdomen to monitor and regulate the heart's rhythm and rate. A pacemaker sends electrical impulses to the heart to help it beat at a normal rhythm and rate. The device has long, thin wires that connect it to the heart through a large vein.

Palpitations are rapid or irregular heartbeats that a person can feel.

Syncope is a transient loss of consciousness and postural tone (ability to maintain or change position intentionally) due to insufficient cerebral perfusion. The loss of consciousness is associated with prompt recovery, not needing resuscitation.

Telemetry is a portable device that continuously monitors patient electrocardiogram (ECG), respiratory rate and/or oxygen saturations while automatically transmitting information to a central monitor.

Transcatheter aortic valve replacement (TAVR), also known as **transcatheter aortic valve implantation (TAVI)**, is a minimally invasive procedure used to replace a stenotic aortic valve in patients with severe symptomatic aortic stenosis, particularly those at high surgical risk.

Valvular heart disease is a condition when any valve in the heart has damage or is diseased. When heart valves are diseased, the heart cannot effectively pump blood throughout the body and has to work harder to pump, either while the blood is leaking back into the chamber or against a narrowed opening. This can lead to heart failure, sudden cardiac arrest and death.

CMOT References

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Disclaimer section

Purpose

The purpose of the HealthHelp's clinical guidelines is to assist healthcare professionals in selecting the medical service that may be appropriate and supported by evidence to safely improve outcomes. Medical information is constantly evolving, and HealthHelp reserves the right to review and update these clinical guidelines periodically. HealthHelp reserves the right to include in these guidelines the clinical indications as appropriate for the organization's program objectives. Therefore the guidelines are not a list of all the clinical indications for a stated procedure, and associated Procedure Code Tables may not represent all codes available for that state procedure or that are managed by a specific client-organization.

Clinician Review

These clinical guidelines neither preempt clinical judgment of trained professionals nor advise anyone on how to practice medicine. Healthcare professionals using these clinical guidelines are responsible for all clinical decisions based on their assessment. All Clinical Reviewers are instructed to apply clinical indications based on individual patient assessment and documentation, within the scope of their clinical license.

Payment

The use of these clinical guidelines does not provide authorization, certification, explanation of benefits, or guarantee of payment; nor do the guidelines substitute for, or constitute, medical advice. Federal and State law, as well as member benefit contract language (including definitions and specific contract provisions/exclusions) take precedence over clinical guidelines and must be considered first when determining eligibility for coverage. All final determinations on coverage and payment are the responsibility of the health plan. Nothing contained within this document can be interpreted to mean otherwise.

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National and Local Coverage Determination (NCD and LCD)



NOTICE

To ensure appropriate review occurs to the most current NCD and/or LCD, always defer to <https://www.cms.gov/medicare-coverage-database/search.aspx>.

Background

National Coverage Determinations (NCD) and Local Coverage Determinations (LCD) are payment policy documents outlined by the Centers for Medicare and Medicaid Services (CMS) and the government's delegated Medicare Audit Contractors (MACs) that operate regionally in jurisdictions.

CMS introduced variation between different jurisdictions/Medicare Audit Contractors (MACs) and their associated covered code lists with the transition to ICD 10. The variation resulted in jurisdictions independently defining how codes are applied for exclusions, limitations, groupings, ranges, etc. for the medical necessity indications outlined in the NCD and LCD. Due to this variation, there is an inconsistent use/application of codes and coverage determinations across the United States between the different MACs.

In addition, **WITHOUT** notice, CMS can change the codes that indicate medical necessity and the format of the coverage determinations/associated documents (eg, Articles). This is an additional challenge for organizations to keep up with ongoing, unplanned changes in covered codes and medical necessity indications.

Medical Necessity Codes

Due to the variation in code application between jurisdictions/MACs and that updates can happen without notification, HealthHelp is not able to guarantee full accuracy of the codes listed for any Coverage Determination, and advises that prior to use, the associated Coverage Determination Articles are reviewed to ensure applicability to HealthHelp's programs and any associated NCDs and LCDs.



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