

Eligibility criteria for single level lumbar disc replacement

Southern Cross will only reimburse the cost of a single level lumbar disc replacement under a member's policy when criteria **1, 2 and 3** are met for that member.

1. The member has symptomatic lumbar disc disease with diagnosis confirmed on MRI.
2. Clinical confirmation of disc dominant mechanical back pain at the operative level for example:
 - local anaesthetic disc block with significant relief of back pain
 - sodium fluoride or technetium bone scan indicating a source of pain at the operative level.
3. The patient has no contraindications to lumbar disc replacement for example:
 - infection
 - rheumatoid arthritis
 - osteoporosis
 - malignancy
 - spinal ossification (eg ossification of the posterior longitudinal ligament or OPLL, diffuse idiopathic skeletal hyperostosis or DISH, prior surgical resection of the facet joints)
 - clinically significant lumbar kyphosis
 - moderate to severe facet joint arthropathy at the involved levels
 - spondylolisthesis at the involved levels.

The cost of lumbar disc replacements will **not** be reimbursed in the following circumstance:

- Multi-level lumbar disc replacements.

Please also ensure you are familiar with all **policy exclusions**, including:

- Acute care
- Congenital conditions
- Cosmetic treatment/procedures
- Health screening
- Treatment of any condition not detrimental to health
- Unapproved healthcare services.

Refer to the relevant policy document for specific conditions and exceptions that apply to these exclusions.