



Model Benefit Language for Prescription Digital Therapeutics

Prescription digital therapeutics (PDTs) are health software, available by prescription only, intended to treat or alleviate a disease, disorder, condition, or injury by generating and delivering a medical intervention that has a demonstrable positive therapeutic impact on a patient's health.

For the Plan to cover PDTs, they must meet the following requirements, at a minimum:



Prescribed by a licensed health care practitioner providing medical oversight.



Authorized, cleared, or approved by the U.S. Food and Drug Administration (FDA) for the requested indication.



Dispensed by an in-network pharmacy or provider.