



# Reimbursement Policy

**Policy Number:** RPLAB013

**Policy Title:** Allergen Testing

**Approval Date:** May 15, 2026

**Effective Date:** Sept. 4, 2026

## Policy Disclaimer

If a conflict arises between a Reimbursement Policy and any Plan document under which a member is entitled to covered services, the Plan document will govern. If a conflict arises between a reimbursement policy and any provider contract pursuant to which a provider participates in and/or provides covered services to eligible member(s) and/or plans, the provider's contract will govern. "Plan documents" include, but are not limited to, Certificates of Health Care Benefits, Benefit Booklets, Summary Plan Descriptions, and other coverage documents. Blue Cross and Blue Shield of New Mexico may use reasonable discretion interpreting and applying this policy to services being delivered in a particular case. BCBSNM has full and final discretionary authority for their interpretation and application to the extent provided under any applicable Plan documents.

Providers are responsible for submitting accurate documentation of services performed. Providers are expected to submit claims for services rendered using valid code combinations from Health Insurance Portability and Accountability Act approved code sets. Claims should be coded appropriately according to industry standard coding guidelines including, but not limited to: Uniform Billing Editor, American Medical Association, Current Procedural Terminology (CPT®) Assistant, Healthcare Common Procedure Coding System, ICD-10-CM and ICD-10-PCS, National Drug Codes, Diagnosis Related Group guidelines, Centers for Medicare & Medicaid Services National Correct Coding Initiative Policy Manual, CCI table edits and other CMS guidelines.

Claims are subject to the code edit protocols for services and procedures billed. Claim submissions are subject to claim review, including but not limited to, any terms of benefit coverage, provider contract language, medical policies, and reimbursement policies, as well as coding software logic. Upon request, the provider is urged to submit any additional documentation.

## Description

---

The Plan has implemented certain lab management reimbursement criteria. Not all requirements apply to each product. Providers are urged to review Plan documents for eligible coverage for services rendered.

## Reimbursement Information

---

1. When limited to allergens chosen for testing based on an individual's history, physical examination, and environment, specific IgE in-vitro allergy testing (up to 20 allergen specific antibodies per year) **may be reimbursable**.
2. In-vitro testing for total serum IgE **may be reimbursable** in **any** of the following situations:
  - For individuals with moderate to severe asthma,
  - For Individuals with signs or symptoms of allergic bronchopulmonary aspergillosis.
3. To monitor for allergy resolution in children and adolescents with an initial positive food allergen result(s), annual re-testing for the same food allergen(s) **may be reimbursable**.
4. When performed on the same day as skin prick testing, specific IgE in-vitro allergy testing **is not reimbursable**.
5. In the absence of a new clinical presentation, routine re-testing for allergies to the same allergens (except where specified above) **is not reimbursable**.
6. The Antigen Leukocyte Antibody test/ALCAT **is not reimbursable**.
7. For individuals with signs or symptoms of allergies, basophil activation flow cytometry testing and in-vitro testing of IgG, IgA, IgM, and/or IgD **are not reimbursable**.
8. In-vitro allergen testing using bead-based epitope assays (e.g., VeriMAP Peanut Dx) **is not reimbursable**.
9. For all situations, in-vitro testing using qualitative specific IgE multi-allergen screen that does not identify a specific allergen **is not reimbursable**.

## Procedure Codes

---

The following is not an all-encompassing code list. The inclusion of a code does not guarantee it is a covered service or eligible for reimbursement.

Code	Description
82784	ASSAY IGA/IGD/IGG/IGM EACH
82785	ASSAY OF IGE
82787	IGG 1 2 3 OR 4 EACH
83516	IMMUNOASSAY NONANTIBODY
86001	ALLERGEN SPECIFIC IGG
86003	ALLG SPEC IGE CRUDE XTRC EA
86005	ALLG SPEC IGE MULTIALLG SCR
86008	ALLG SPEC IGE RECOMB EA
88184	FLOWCYTOMETRY/ TC 1 MARKER
88185	FLOWCYTOMETRY/TC ADD-ON
95004	PERCUT ALLERGY SKIN TESTS
0165U	PEANUT ALLG ASMT EPI PRB ALL
0178U	PEANUT ALLG ASMT EPI CLIN RX

## References

---

1. Hamilton R. Overview of Allergens and Environmental Sampling. Updated November 06, 2025. <https://www.uptodate.com/contents/overview-of-allergens-and-environmental-sampling>
2. Chang, Guarderas. Allergy Testing: Common Questions and Answers. *American family physician*. Jul 1 2018;98(1):34-39.
3. Kowal K, DuBuske L. Overview of skin testing for IgE-mediated allergic disease. Updated November 03, 2025. <https://www.uptodate.com/contents/overview-of-skin-testing-for-allergic-disease>
4. Bernstein IL, Li JT, Bernstein DI, et al. Allergy diagnostic testing: an updated practice parameter. *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*. Mar 2008;100(3 Suppl 3):S1-148. doi:10.1016/s1081-1206(10)60305-5
5. CDC. Allergies. Updated January 9, 2026. <https://www.cdc.gov/nchs/fastats/allergies.htm>
6. Pawankar R, Holgate ST, Canonica GW, Lockey RF, Blaiss MS. *WAO White Book on Allergy | World Allergy Organization*. 2013.
7. Adams PF, Kirzinger WK, Martinez M. Summary health statistics for the U.S. population: National Health Interview Survey, 2012. *Vital and health statistics Series 10, Data from the National Health Survey*. Dec 2013;(259):1-95.
8. Zug KA, Pham AK, Belsito DV, et al. Patch testing in children from 2005 to 2012: results from the North American contact dermatitis group. *Dermatitis : contact, atopic, occupational, drug*. Nov-Dec 2014;25(6):345-55. doi:10.1097/der.0000000000000083

- 
9. Sampson HA, Aceves S, Bock SA, et al. Food allergy: a practice parameter update-2014. *The Journal of allergy and clinical immunology*. Nov 2014;134(5):1016-25.e43. doi:10.1016/j.jaci.2014.05.013
  10. Chow AW, Benninger MS, Brook I, et al. IDSA clinical practice guideline for acute bacterial rhinosinusitis in children and adults. *Clinical infectious diseases : an official publication of the Infectious Diseases Society of America*. Apr 2012;54(8):e72-e112. doi:10.1093/cid/cir1043
  11. Mayo Clinic. Aspergillosis. Updated September 22, 2025. <https://www.mayoclinic.org/diseases-conditions/aspergillosis/symptoms-causes/syc-20369619>
  12. Stokes J, Casale T. The relationship between IgE and allergic disease. Updated October 21, 2024. <https://www.uptodate.com/contents/the-relationship-between-ige-and-allergic-disease>
  13. Kowal K, DuBuske L. Overview of in vitro allergy tests. Updated January 23, 2025. <https://www.uptodate.com/contents/overview-of-in-vitro-allergy-tests>
  14. Rietschel RL. COMPARISON OF ALLERGIC AND IRRITANT CONTACT DERMATITIS. *Immunology and Allergy Clinics*. 1997/08/01 1997;17(3):359-364. doi:10.1016/S0889-8561(05)70314-3
  15. Mowad CM. Patch testing: pitfalls and performance. *Current opinion in allergy and clinical immunology*. Oct 2006;6(5):340-4. doi:10.1097/01.all.0000244794.03239.8e
  16. Kim SY, Kim JH, Jang YS, et al. The Basophil Activation Test Is Safe and Useful for Confirming Drug-Induced Anaphylaxis. *Allergy, asthma & immunology research*. Nov 2016;8(6):541-4. doi:10.4168/aair.2016.8.6.541
  17. Santos AF, Lack G. Basophil activation test: food challenge in a test tube or specialist research tool? *Clinical and translational allergy*. 2016;6:10. doi:10.1186/s13601-016-0098-7
  18. Bahri R, Custovic A, Korosec P, et al. Mast cell activation test in the diagnosis of allergic disease and anaphylaxis. *The Journal of allergy and clinical immunology*. 2018;142(2):485-496 e16. doi:10.1016/j.jaci.2018.01.043
  19. Santos AF, Shreffler WG. Road map for the clinical application of the basophil activation test in food allergy. *Clinical and experimental allergy : journal of the British Society for Allergy and Clinical Immunology*. Sep 2017;47(9):1115-1124. doi:10.1111/cea.12964
  20. Depince-Berger AE, Sidi-Yahya K, Jeraiby M, Lambert C. Basophil activation test: Implementation and standardization between systems and between instruments. *Cytometry Part A : the journal of the International Society for Analytical Cytology*. Mar 2017;91(3):261-269. doi:10.1002/cyto.a.23078
  21. Hemmings O, Kwok M, McKendry R, Santos AF. Basophil Activation Test: Old and New Applications in Allergy. *Current Allergy and Asthma Reports*. 2018/11/15 2018;18(12):77. doi:10.1007/s11882-018-0831-5
  22. Cell Science Systems. Identify food and chemical sensitivities with the Alcat Test. <https://cellsciencesystems.com/providers/alcat-test/>
  23. Beyer K, Teuber SS. Food allergy diagnostics: scientific and unproven procedures. *Current opinion in allergy and clinical immunology*. Jun 2005;5(3):261-6. doi:10.1097/01.all.0000168792.27948.f9

- 
24. Wuthrich B. Unproven techniques in allergy diagnosis. *Journal of investigational allergology & clinical immunology*. 2005;15(2):86-90.
  25. Hammond C, Lieberman JA. Unproven Diagnostic Tests for Food Allergy. *Immunology and allergy clinics of North America*. Feb 2018;38(1):153-163.  
doi:10.1016/j.iac.2017.09.011
  26. Genova. Allergix® IgG4 Food Antibodies 90 - Serum.  
<https://www.gdx.net/product/allergix-igg4-food-antibodies-90-food-sensitivity-test-serum>
  27. Spiriplex. Allergies. <https://spiriplex.com/allergies/>
  28. BioSpace. AllerGenis Allergy Diagnostic Company to Present Significant Milestones at the Biotech Showcase(TM) 2021. <https://www.biospace.com/article/allergenis-allergy-diagnostic-company-to-present-significant-milestones-at-the-biotech-showcase-tm-2021/>
  29. Nelson HS. Variables in Allergy Skin Testing. *Immunology and Allergy Clinics*. 2001/05/01 2001;21(2):281-290. doi:10.1016/S0889-8561(05)70206-X
  30. Werther RL, Choo S, Lee KJ, Poole D, Allen KJ, Tang ML. Variability in Skin Prick Test Results Performed by Multiple Operators Depends on the Device Used. *World Allergy Organ J*. 2012;5(12):200-4. doi:10.1097/WOX.0b013e31827e6513
  31. Oppenheimer J, Nelson HS. Skin testing: a survey of allergists. *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*. Jan 2006;96(1):19-23. doi:10.1016/s1081-1206(10)61034-4
  32. Hamilton RG, Matsson PN, Hovanec-Burns DL, et al. Analytical Performance Characteristics, Quality Assurance and Clinical Utility of Immunological Assays for Human IgE Antibodies of Defined Allergen Specificities.(CLSI-ILA20-A3). *Journal of Allergy and Clinical Immunology*. 2015;135(2):AB8. doi:10.1016/j.jaci.2014.12.961
  33. Knight V, Wolf ML, Trikha A, Curran-Everett D, Hiserote M, Harbeck RJ. A comparison of specific IgE and skin prick test results to common environmental allergens using the HYTEC™ 288. *Journal of Immunological Methods*. 2018/11/01/ 2018;462:9-12.  
doi:10.1016/j.jim.2018.07.005
  34. Carlsson M, Thorell L, Sjolander A, Larsson-Faria S. Variability of total and free IgE levels and IgE receptor expression in allergic subjects in and out of pollen season. *Scandinavian journal of immunology*. Apr 2015;81(4):240-8. doi:10.1111/sji.12270
  35. Siroux V, Lupinek C, Resch Y, et al. Specific IgE and IgG measured by the MeDALL allergen-chip depend on allergen and route of exposure: The EGEA study. *The Journal of allergy and clinical immunology*. Feb 2017;139(2):643-654.e6.  
doi:10.1016/j.jaci.2016.05.023
  36. Sookrung N, Jotikaprasardhna P, Bunnag C, Chaicumpa W, Tungtrongchitr A. Concordance of skin prick test and serum-specific IgE to locally produced component-resolved diagnostics for cockroach allergy. *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*. Jan 2019;122(1):93-98. doi:10.1016/j.anai.2018.09.463
  37. He YT, Reisacher WR. Sensitivity, specificity, and predictive value of oral mucosal brush biopsy for the diagnosis of peanut allergy. *Int Forum Allergy Rhinol*. Jun 2019;9(6):624-628. doi:10.1002/alr.22302

- 
38. Tschopp JM, Sistek D, Schindler C, et al. Current allergic asthma and rhinitis: diagnostic efficiency of three commonly used atopic markers (IgE, skin prick tests, and Phadiatop). Results from 8329 randomized adults from the SAPALDIA Study. Swiss Study on Air Pollution and Lung Diseases in Adults. *Allergy*. Jun 1998;53(6):608-13. doi:10.1111/j.1398-9995.1998.tb03937.x
  39. Usmani N, Wilkinson SM. Allergic skin disease: investigation of both immediate- and delayed-type hypersensitivity is essential. *Clinical and experimental allergy : journal of the British Society for Allergy and Clinical Immunology*. Oct 2007;37(10):1541-6. doi:10.1111/j.1365-2222.2007.02805.x
  40. Soares-Weiser K, Takwoingi Y, Panesar SS, et al. The diagnosis of food allergy: a systematic review and meta-analysis. *Allergy*. Jan 2014;69(1):76-86. doi:10.1111/all.12333
  41. Klemans RJ, van Os-Medendorp H, Blankestijn M, Bruijnzeel-Koomen CA, Knol EF, Knulst AC. Diagnostic accuracy of specific IgE to components in diagnosing peanut allergy: a systematic review. *Clinical and experimental allergy : journal of the British Society for Allergy and Clinical Immunology*. Apr 2015;45(4):720-30. doi:10.1111/cea.12412
  42. Caglayan Sozmen S, Povesi Dascola C, Gioia E, Mastroilli C, Rizzuti L, Caffarelli C. Diagnostic accuracy of patch test in children with food allergy. *Pediatric allergy and immunology : official publication of the European Society of Pediatric Allergy and Immunology*. Aug 2015;26(5):416-22. doi:10.1111/pai.12377
  43. Santos AF, Douiri A, Becares N, et al. Basophil activation test discriminates between allergy and tolerance in peanut-sensitized children. *The Journal of allergy and clinical immunology*. Sep 2014;134(3):645-52. doi:10.1016/j.jaci.2014.04.039
  44. Santos AF, Du Toit G, Douiri A, et al. Distinct parameters of the basophil activation test reflect the severity and threshold of allergic reactions to peanut. *The Journal of allergy and clinical immunology*. Jan 2015;135(1):179-86. doi:10.1016/j.jaci.2014.09.001
  45. Davila I, Valero A, Entrenas LM, Valveny N, Herraiz L. Relationship between serum total IgE and disease severity in patients with allergic asthma in Spain. *Journal of investigational allergology & clinical immunology*. 2015;25(2):120-7.
  46. Tannert LK, Mortz CG, Skov PS, Bindslev-Jensen C. Positive Skin Test or Specific IgE to Penicillin Does Not Reliably Predict Penicillin Allergy. *The journal of allergy and clinical immunology In practice*. May - Jun 2017;5(3):676-683. doi:10.1016/j.jaip.2017.03.014
  47. Suárez-Fariñas M, Suprun M, Kearney P, et al. Accurate and reproducible diagnosis of peanut allergy using epitope mapping. *Allergy*. 2021;n/a(n/a)doi:10.1111/all.14905
  48. Kwong KY, Chen Z, Scott L, Hilborne LH. Optimizing Identification of Allergic Sensitization to Seasonal Inhalant Allergens in the USA: Implications for Constructing Optimal Panels to Evaluate Patients with Allergy. *International archives of allergy and immunology*. 2024;doi:10.1159/000538420
  49. AAAAI. Allergy Testing. Updated November 13, 2023. <https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/allergy-testing>
  50. Boyce JA, Assa'ad A, Burks AW, et al. Guidelines for the Diagnosis and Management of Food Allergy in the United States: Summary of the NIAID-Sponsored Expert Panel Report. *The Journal of allergy and clinical immunology*. Dec 2010;126(6):1105-18. doi:10.1016/j.jaci.2010.10.008

- 
51. Dykewicz MS, Wallace DV, Amrol DJ, et al. Rhinitis 2020: A practice parameter update. *The Journal of allergy and clinical immunology*. Oct 2020;146(4):721-767. doi:10.1016/j.jaci.2020.07.007
  52. Lieberman P, Nicklas RA, Randolph C, et al. Anaphylaxis--a practice parameter update 2015. *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*. Nov 2015;115(5):341-84. doi:10.1016/j.anai.2015.07.019
  53. Golden DBK, Wang J, Wasserman S, et al. Anaphylaxis: A 2023 practice parameter update. *Annals of Allergy, Asthma & Immunology*. 2024;132(2):124-176. doi:10.1016/j.anai.2023.09.015
  54. AAAAI. Some Tests and Procedures Are Over or Misused to Diagnose and Treat Allergies, Asthma and Immunologic Disorders. Updated April 4, 2012. <https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Media/Choosing-WiselyT.pdf>
  55. Greenhawt M, Shaker M, Wang J, et al. Peanut allergy diagnosis: A 2020 practice parameter update, systematic review, and GRADE analysis. *The Journal of allergy and clinical immunology*. Dec 2020;146(6):1302-1334. doi:10.1016/j.jaci.2020.07.031
  56. Fonacier L, Bernstein DI, Pacheco K, et al. Contact dermatitis: a practice parameter-update 2015. *The journal of allergy and clinical immunology In practice*. May-Jun 2015;3(3 Suppl):S1-39. doi:10.1016/j.jaip.2015.02.009
  57. Ansotegui, Melioli G, Canonica GW, et al. IgE allergy diagnostics and other relevant tests in allergy, a World Allergy Organization position paper. *World Allergy Organ J*. Feb 2020;13(2):100080. doi:10.1016/j.waojou.2019.100080
  58. Cardona V, Ansotegui IJ, Ebisawa M, et al. World allergy organization anaphylaxis guidance 2020. *World Allergy Organ J*. Oct 2020;13(10):100472. doi:10.1016/j.waojou.2020.100472
  59. Choosing Wisely Canada. Allergy & Clinical Immunology. <https://choosingwiselycanada.org/recommendation/allergy-clinical-immunology/>
  60. Ansotegui, Melioli G, Canonica GW, et al. A WAO - ARIA - GA(2)LEN consensus document on molecular-based allergy diagnosis (PAMD@): Update 2020. *World Allergy Organ J*. Feb 2020;13(2):100091. doi:10.1016/j.waojou.2019.100091
  61. Togias A, Cooper SF, Acebal ML, et al. Addendum guidelines for the prevention of peanut allergy in the United States: Report of the National Institute of Allergy and Infectious Diseases-sponsored expert panel. *The Journal of allergy and clinical immunology*. Jan 2017;139(1):29-44. doi:10.1016/j.jaci.2016.10.010
  62. AAP. Allergy Testing in Childhood: Using Allergen-Specific IgE Tests. <https://pdfs.semanticscholar.org/51a4/dfa0a84e4dc8b0893529a6197bd9b94bdbfe.pdf>
  63. Greer FR, Sicherer SH, Burks AW. The Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children: The Role of Maternal Dietary Restriction, Breastfeeding, Hydrolyzed Formulas, and Timing of Introduction of Allergenic Complementary Foods. *Pediatrics*. Apr 2019;143(4)doi:10.1542/peds.2019-0281
  64. Sicherer S. New guidelines detail use of 'infant-safe' peanut to prevent allergy. <https://www.aapublications.org/news/2017/01/05/PeanutAllergy010517>

- 
65. Abrams EM, Chan ES, Sicherer S. Peanut Allergy: New Advances and Ongoing Controversies. *Pediatrics*. 2020;145(5):e20192102. doi:10.1542/peds.2019-2102
  66. FDA. Xolair Label. [https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2016/103976s5225lbl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2016/103976s5225lbl.pdf)
  67. Wise SK, Damask C, Roland LT, et al. International consensus statement on allergy and rhinology: Allergic rhinitis - 2023. *Int Forum Allergy Rhinol*. Apr 2023;13(4):293-859. doi:10.1002/alr.23090
  68. NASEM. Finding a Path to Safety in Food Allergy: Assessment of the Global Burden, Causes, Prevention, Management, and Public Policy. *Finding a Path to Safety in Food Allergy: Assessment of the Global Burden, Causes, Prevention, Management, and Public Policy*. 2017;doi:10.17226/23658
  69. Sicherer SH, Allen K, Lack G, Taylor SL, Donovan SM, Oria M. Critical Issues in Food Allergy: A National Academies Consensus Report. *Pediatrics*. Aug 2017;140(2)doi:10.1542/peds.2017-0194
  70. Shamji MH, Kappan JH, Akdis M, et al. Biomarkers for monitoring clinical efficacy of allergen immunotherapy for allergic rhinoconjunctivitis and allergic asthma: an EAACI Position Paper. *Allergy*. 2017/08/01 2017;72(8):1156-1173. doi:10.1111/all.13138
  71. Hoffmann HJ, Santos AF, Mayorga C, et al. The clinical utility of basophil activation testing in diagnosis and monitoring of allergic disease. *Allergy*. 2015/11/01 2015;70(11):1393-1405. doi:10.1111/all.12698
  72. Dramburg S, Hilger C, Santos AF, et al. EAACI Molecular Allergology User's Guide 2.0. *Pediatric allergy and immunology : official publication of the European Society of Pediatric Allergy and Immunology*. Mar 2023;34 Suppl 28:e13854. doi:10.1111/pai.13854
  73. NICE. Asthma: diagnosis, monitoring and chronic asthma management. Updated November 27, 2024. <https://www.nice.org.uk/guidance/ng245>
  74. NICE. ImmunoCAP ISAC 112 for multiplex allergen testing. Updated May 18, 2016. <https://www.nice.org.uk/guidance/dg24/chapter/1-Recommendations>
  75. NICE. Food allergy in under 19s: assessment and diagnosis. National Institute for Health and Care Excellence (NICE). Updated February 23, 2011. <https://www.nice.org.uk/guidance/cg116/chapter/Recommendations#ige-mediated-food-allergy>
  76. The Royal College of Pathologists. Guidelines for the use of laboratory allergy testing in primary care. <https://www.rcpath.org/static/a49f66cc-3c78-4ee7-97814c34a9d7d462/G194-BPR-Use-of-laboratory-allergy-testing-in-primary-care.pdf>

## Policy History

---

<b>Approval Date</b>	<b>Description</b>
05/15/2026	09/04/2026; Document updated with literature review. The following changes were made to Reimbursement Information: Added new #4: "When performed on the same day as skin prick testing, specific IgE in-vitro allergy testing is not reimbursable." Added code 95004. References revised.
04/28/2025	09/05/2025; Document updated with literature review. The following changes were made to Reimbursement Information: removed #1 as it was for guidance only; removed Note 1. References revised.
04/29/2024	01/15/2025: Document updated with literature review. The following changes were made to Reimbursement Information: #3 edited for clarity. #7 and #8 were combined into a single statement that now reads: For individuals with signs or symptoms of allergies, basophil activation flow cytometry testing and in-vitro testing of IgG, IgA, IgM, and/or IgD are not reimbursable. References revised.
06/15/2023	06/15/2023: Document updated with literature review. Reimbursement information revised for clarity. References revised; some added, others removed.
11/1/2022	11/01/2022: New policy