

## Choosing a Light Therapy System

**A few considerations when buying a light therapy box for seasonal affective disorder treatment include:**

**Intensity.** Look for a light box that allows you the right intensity of light at a comfortable seating distance. Some light boxes offer the preferred 10,000 lux only when you're within a few inches of the device, while others can reach a distance of nearly 15 - 20" +.

**Light direction.** Light should ideally come from above your line of sight, not directly at it or below it. Make sure the light box you want can be positioned appropriately.

**Style.** Some light boxes look like upright lamps, while others are small and rectangular. You can even purchase a light therapy device attached to a visor, which allows you to receive light therapy while remaining active..

**Convenience.** Some light boxes are bigger than others, which can make them less portable. Find one that you can move easily and that fits the desired location in your home or office.

**Minimal UV exposure.** Look for devices that produce as little UV light as possible at high intensity or that carefully shield the UV rays they produce.

**Blue light.** Some of the latest light therapy devices emit narrow spectrum blue light. Research has not determined, however, if blue light therapy offers definite advantages over conventional light therapy. Also, the retina is more sensitive to the shorter blue wavelengths, so there's a greater potential risk of causing retinal injury with prolonged exposures to blue light when compared with similar exposures to white light. Although the true risk cannot be determined and retinal injury from blue wavelength devices has not been reported. These devices are not recommended.

**Cost.** Prices vary greatly, from about \$200 to \$500. Health insurance plans may cover the cost of light therapy boxes. Check with your insurance company to see if your benefits will cover the cost.

### Comparing Lux

- |                               |               |
|-------------------------------|---------------|
| • Direct Sun                  | 100,000 lux   |
| • Bright Light Therapy System | 10,000 lux    |
| • Home/Office Lighting        | 300 - 600 lux |
| • DeskLamp                    | 100 lux       |

## Buying a Northern Light Technologies Bright Light Therapy System

**Many Models to Choose from—  
One for Your Lifestyle**

**Two ways to order:**

### From our Local Distributors

A distributor that stocks Northern Light Technologies products may be available in your local area. Please contact the Company for a distributor nearest you.

**Phone:** Toll-free 1-800-263-0066

**Fax:** 514-335-7764

**E-mail:** [info@NorthernLightTechnologies.com](mailto:info@NorthernLightTechnologies.com)

### From Our Online Store

If a distributor is not available in your area, you may purchase products through our Online Store on the internet.

**Visit:** [www.northernlighttechnologies.com](http://www.northernlighttechnologies.com)  
and select "SHOP"

## Additional Benefits from Northern Light Technologies

### UNLIMITED 5 YEAR WARRANTY

Northern Light Technologies is the only Company that offers this 100% complete protection for your purchase.

### MONEY BACK GUARANTEE

Northern Light Technologies provides a 60 DAY MONEY BACK GUARANTEE

### All Products are Made In North America



### About Northern Light Technologies

Northern Light Technologies was launched over 20 years ago by a team of engineers with advanced degrees in engineering and lighting technologies. Today Northern Light Technologies has grown to become one of the largest manufacturers of innovative light therapy products in the world.

**NorthernLight  
Technologies**

[www.northernlighttechnologies.com](http://www.northernlighttechnologies.com)

**NorthernLight  
Technologies**

**For Healthcare Professionals**

# A Guide To Light Therapy For Seasonal Affective Disorder (SAD)



**Now Recommended As  
First Line of Treatment**

## Candidates for Light Therapy

Between 4%-6% of the U.S. population suffers from SAD, while 10%-20% may suffer from a more mild form of winter blues. (An estimated 35 million North Americans).

- **Women** – Three out of four SAD sufferers are women.
- **Age** – The main age of onset of SAD is between age 18 and 30
- **Location** – SAD occurs in both hemispheres, but is more prevalent above the 45 degree latitude.

## Indications for Light Therapy

Seasonal Affective Disorder, or SAD, is a disorder in which sufferers show seasonal changes of mood and/or behavior. It is characterized by recurrent major depressive episodes, most commonly occurring during the autumn and/or winter months. Episodes may last up to 6 months in duration, typically beginning in the autumn and remitting in the springtime. A diagnosis of SAD can be made after three consecutive winters of the following symptoms if they are also followed by complete remission of symptoms in the spring and summer months. These are many and varied, and sufferers may experience all or any of the symptoms. The effects of SAD on a person's life can be catastrophic including severely disrupted education, careers and relationships.

### Physical Symptoms

- Unexplained weight gain or loss
- Change in appetite
- Change in sleep; either insomnia, oversleeping or more than 8 hours in bed
- Feeling of stress, agitation, heart racing or pounding
- Headaches or muscle aches
- Lack of energy

### Emotional / Mental Symptoms

- Sudden outbursts, unexplained sadness or crying, Mood swings
- Irritability, anger
- Social withdrawal; change in social behavior or interaction with others
- Loss of concentration, short-term memory loss
- Lack of interest in formerly pleasurable activities
- Complaints that others "don't like me," or people are unfriendly
- Feelings that one is misjudged or unfairly punished.
- Difficulty finishing a task
- Feelings of low self worth
- Thoughts of suicide

## Contra-indications for Light Therapy

- **Eyes.** Anyone with pre-existing eye problems should undergo a thorough examination prior to and during light therapy.
- **Herbal / OTC Products.** Some herbal remedies may have photosensitizing effects.
- **Medications.** Certain photo-sensitizing medications should not be used with light therapy.
- **Bi-Polar.** Bipolar individuals who experience mania should be stabilized under a physician's care before light therapy.

## Billing Guidelines

Most major insurance companies now authorize or reimburse the purchase of light therapy equipment for Seasonal Affective Disorder (SAD). The following items are recommended for a person to submit to their insurance company:

1. Prescription from a psychiatrist or general practitioner
2. Invoice from Northern Light Technologies, Inc. for the purchase of the light therapy device
3. Letter of Medical Necessity (See Sample Letter)
4. A cover letter to the insurance company to include all pertinent member information: policy number; referring physician; and his/her number; date of service; and invoice for light therapy device

## Billing Codes

<b>CPT Code:</b>	96900
<b>HCPCS Code:</b>	
<b>E0203:</b>	Therapeutic lightbox, 10,000 lux tabletop model
<b>A4634:</b>	Replacement bulb for therapeutic lightbox, tabletop model
<b>ICD-9 Diagnosis Code:</b>	
<b>296.00–296.99</b>	Affective psychosis
<b>300.4</b>	Neurotic depression
<b>301.10–301.13</b>	Affective personality disorder
<b>311</b>	Depressive disorder, not elsewhere classified
<b>Code # and Diagnosis:</b>	
<b>DSM IV–296.3X</b>	Major Depression, Recurrent
<b>DSM IV–296.4X</b>	Bipolar Disorder, most recent episode-Manic
<b>DSM IV–296.5X</b>	Bipolar Disorder, Depressed
<b>DSM IV–296.6X</b>	Bipolar Disorder, Mixed
<b>DSM IV–296.8</b>	Bipolar Disorder, NOS
<b>DSM IV–296.90</b>	Mood Disorder, NOS: Seasonal Affective Disorder
<b>DSM IV–311.00</b>	Depressive Disorder, NOS

These procedures conform to April 1993 U.S. Public Health Service-Agency for Health Care Policy and research guidelines for management of this disorder. (Publication # and Title) AHCP93-0551-Depress: Guideline Vol. 2; AHCP93-0553-Depress: Patient Guide

## Sample Letter of Medical Necessity

This letter is for the doctor/medical professional to fill out. It describes the symptoms and proper diagnosis for SAD. It also describes the cost effectiveness over conventional antidepressant medication. This example is from Dr. Norman E. Rosenthal, MD; "Winter Blues; Seasonal Affective Disorder What It Is and How to Overcome It." New York: The Gillard Press, 1993.

To whom it may concern,

This is to certify that \_\_\_\_\_  
\_\_\_\_\_ has been a patient  
of mine since \_\_\_\_\_.

I have treated him/her for recurrent major depressions (DSM-IV 296.3), with a seasonal pattern. This condition, also known as Seasonal Affective Disorder (SAD), has been shown in many studies in the United States and elsewhere in the world to respond to treatment with bright environmental light (light therapy).

Light therapy is no longer considered experimental, but is a mainstream type of psychiatric treatment, described in: The Task Force Report of the American Psychiatric Association: Treatment of Psychiatric Disorders, Vol. 3, pages 1890-1896, APA Press, 1989.

In order to administer light therapy adequately, a quality light box, such as those manufactured by the Northern Light Technologies Company is required. (see attached invoice).

Although there is an initial expense to buy the equipment, the experience of clinicians who have used it for many patients indicates that it saves a great deal of money in the long run, by reducing the number of doctors' visits and laboratory investigations of persistent symptoms, as well as the indirect costs of lost productivity.

I contend that in \_\_\_\_\_'s case the use of the light boxes from Northern Light Technologies, Inc. should be regarded not only as a medical necessity, to be used in preference to (or in addition to) other forms of treatment, but also as a means of reducing his/her overall medical costs.

Sincerely,