

2026 CPT® Code Changes

Rebecca Wartman OD

December 2026

The American Medical Association (AMA) released the Current Procedural Terminology (CPT®) 2026 code set which added 288 new codes, 84 code deletions and 46 code revision. The 2026 CPT® Codes are effective January 1, 2026.

The most important change involves the dark adaptation code. Dark adaptation testing is used when providers need to assess the functioning for the outer layer of the retinal. The diagnostic version of this testing involves the recovery time necessary for the rod and cone cellular level to recover from retinal bleaching and the rod-cone breaking time. This test is most often used to study retinal dystrophies such retinitis pigmentosa or when a patient is experiencing visual loss with no identifiable cause on physical examination (e.g. poor night vision). This diagnostic testing provides test validity, separate rod and cone plots and rod/cone intercepts for each eye indicating sensitivity over time with age norms that correlate physical findings, any existing comorbidities that could impact night vision and, when available, any previous test results.

92284 Diagnostic dark adaptation examination (e.g., rod and cone sensitivities, rod-cone breakpoint), with interpretation and report

(For screening dark adaptation measurement, use 92288)

The newer dark adaptation instruments that are available do not assess cone function or rod-cone break time but rather are a screening of retinal and retinal pigment epithelial disease, and age-related macular degeneration using rod-intercept time (RIT) for each eye. RIT is reliable and reproducible to quantify rod response. (Jackson et al, Invest Ophthalmol Vis Sci 2014 Mar 10;55(3):1427-31). Keep in mind that 92288 is described as a screening service and has not been determined to be a preventive service under Section 1861 of the Social Security Act, thus is not covered under Medicare.

92288 Screening dark adaptation measurement (e.g., rod recovery intercept time), with interpretation and report

(For diagnostic dark adaptation examination, use 92284)

Under Remote Physiological Monitoring Services sections for training/device set up (99453-99454), CPT® made some clarifications in the introductory language and parentheticals. A minimum of 2 days of monitoring is required for remote physiological monitoring services in order to report patient education and device set up. For treatment management services (99457, 99458 and 99470), CPT® further defines how time spent in remote physiologic monitoring treatment management services is determined. These services use the results of remote physiological monitoring to manage a patient under a specific treatment plan and must use FDA-defined device(s) and be ordered by the provider. Each of the codes (99457, 99458 and 99470) require one real-time, interactive communication with the patient and/or caregiver. The interactive communication, while contributing to the total time spent in treatment management, does not necessarily represent the entire cumulative reported time. New codes in the section (99445 and 99470) are defined in the attached summary of changes important for optometrists for CPT® 2026.

There are only three new CPT® III codes important for optometry in CPT® 2026, two of which are surgical in nature. The new code for computerized ophthalmic analysis of monocular eye movements uses a retinal based tracking method. Please note this is different than the 0615T CPT® III code that was developed in 2025 which analyses binocular eye movements via a pupillary tracking method.

1010T Computerized ophthalmic analysis of monocular eye movements using retinal-based eye-tracking without spatial calibration, including fixation, microsaccades, drift, and horizontal saccades, when performed, unilateral or bilateral, with interpretation and report

Sunset January 2031

(Report 1010T once per session)

(Do not report 1010T in conjunction with 0615T)

(For automated analysis of binocular eye movements, using pupil-based eye-tracking, use 0615T)

Happy Coding...