

Humana – Apria Healthcare sleep program for obstructive sleep apnea (OSA)

We want to introduce a voluntary, integrated approach to diagnosing and managing obstructive sleep apnea (OSA). Humana, in collaboration with Apria Healthcare, is offering an approach designed to:

- Streamline testing and treatment orders
- Shorten the time between diagnosis and treatment
- Increase therapy compliance
- Offer greater convenience for your patients with Humana coverage

Sleep program overview

- Conducts home sleep test (HST) scheduling, delivery and results interpretation by board-certified sleep physicians
- Supplies positive airway pressure (PAP) devices and equipment to support the OSA diagnoses of your patients with Humana coverage
- Provides active, ongoing monitoring to encourage adherence to therapy during your Humana-insured patient's first 90 days on PAP therapy

Program goals

- Improve screening, testing, diagnosis and compliance rates
- Reduce inconvenience and out-of-pocket costs for your patients with Humana coverage
- Streamline the OSA process for Humana-contracted physicians and clinicians

Program benefits

Reduced costs: In most cases, in-home tests have a \$0 cost-sharing for your patients who are enrolled in Humana plans, and no preauthorization is required. (Facility-based tests require preauthorization.)

Increased alertness and productivity: As noted by the American Academy of Sleep Medicine, PAP compliance has been shown to increase alertness and productivity while reducing complications from correlated conditions, such as diabetes and hypertension.

Patient management: Apria Healthcare manages the process from testing through compliance, engaging the physician or clinician as much as he or she desires along the way.

Getting started:

To learn more, please call Apria Healthcare at 1-855-709-9966. Already familiar with Apria? Please use the home sleep test and therapy order form, which can be downloaded from www.humana.com/provider/support/clinical to start your patient down the path to a good night's sleep today.



Humana.com

