

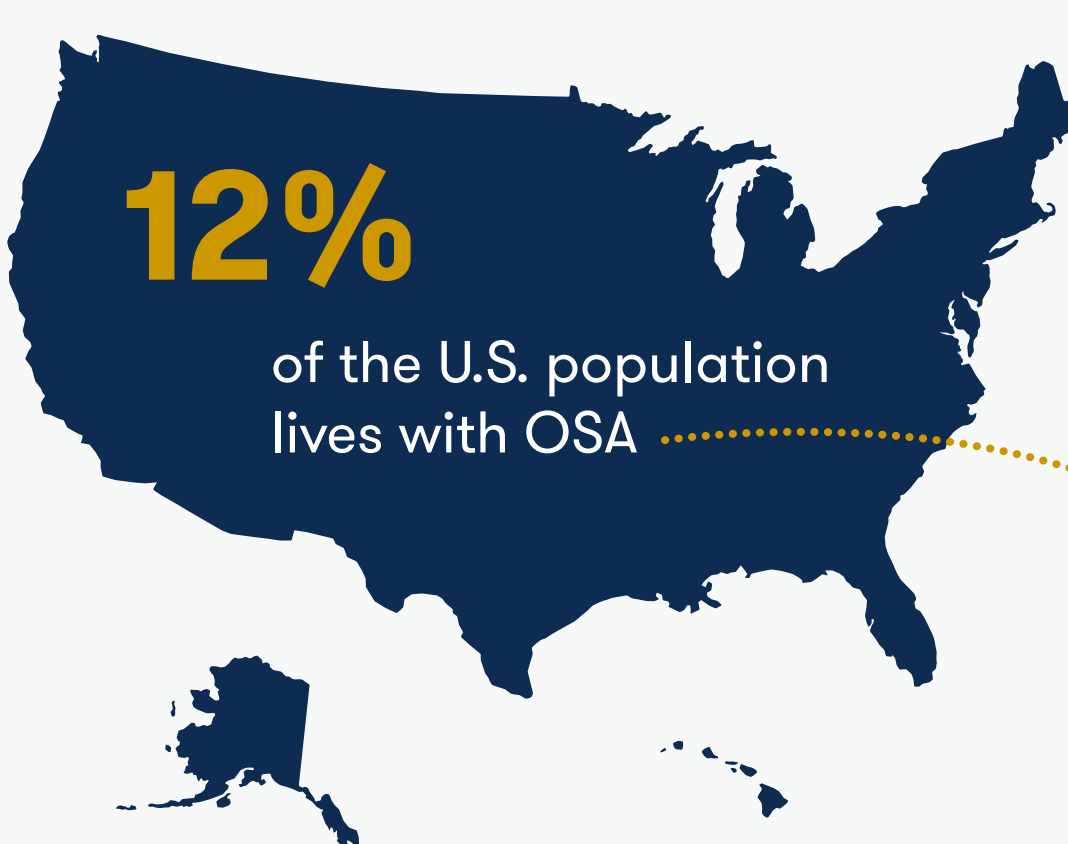
Trouble Sleeping?



CHOOSING THE BEST TEST TO DIAGNOSE OBSTRUCTIVE SLEEP APNEA (OSA)

12%

of the U.S. population lives with OSA



75% of people living with OSA



remain undiagnosed

~50%-75% of heart failure patients are living with OSA

~>50% of overweight patients are living with OSA

~66% of diabetic patients are living with OSA

Intervention is the *Best Prevention!*

Symptoms

It's important to discuss the possibility of OSA with your doctor if you're showing signs of these symptoms.



¹Of the total adult snoring population, about 28% also experience OSA.

Site of testing is an *important factor*

Depending on your health plan coverage, a test request from your doctor may need to go through a prior authorization process.

Lab

Offers a broad range of testing for multiple disorders, with increased capability to pinpoint issues



At-home testing is about 1/3 the cost of in-lab testing with PAP therapy*



Home

Home sleep apnea testing can be used to diagnose OSA in up to 75% of patients that need to be tested

* A prior authorization will determine if you're eligible for a less expensive at-home test.

Successful Treatment Options

Exercise more

Use a positive airway pressure device

Avoid sleeping on your back

Sleep Tight



Talk to your doctor if you are experiencing symptoms of OSA. Visit aasm.org to learn more.



Enabling **better** outcomes.

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