



Welcome to the CareCentrix® Sleep Management Program!

In collaboration with your health plan, we provide sleep diagnostic and therapy management services for health plan members and their dependents designed to improve the overall quality and access to sleep-related services from diagnosis through treatment. We're glad you're taking an active role in managing your health. We've designed our Sleep Management Program to help you get the most out of your prescribed sleep therapy device.

The Goal

The CareCentrix Sleep Management Program is designed to help you, under your doctor's care, minimize or eliminate your sleep apnea. Your equipment provider will provide you with a positive airway pressure (PAP) device and related supplies that you will need to treat your sleep apnea. Under the program, you need to use the device a minimum of **five nights a week** for an average of **four hours per night**, however it is **recommended that you use the device every night while sleeping**.

The goal is to help minimize or eliminate your sleep apnea. CareCentrix will be working with you, your PAP therapy device provider and your doctor to help ensure you have success in your treatment plan. To learn more about CareCentrix, your PAP equipment provider, how the program works, and what you should do, please read the Frequently Asked Questions on the back.

90-day trial period

Under the CareCentrix Sleep Management Program, you will use your PAP therapy device for an initial 90-day trial period to see how the device works for you.

- The device will measure some general medical information while you sleep. The information about your sleep therapy will be sent to us automatically.
- We will share this information with your doctor.
- The CareCentrix iComply team will reach out to you telephonically after you have received your PAP device and education from your equipment provider to support you throughout the trial period.
- As you near the end of the 90-day trial period, if your device usage has met the program requirements, you may continue using the device after the initial 90-day trial period.

Sincerely,

The CareCentrix Sleep Management Program



CareCentrix Sleep Management Program

Who should I call if I have questions?

Questions Regarding	Who to call	Contact Information
Billing	CareCentrix	1-800-808-1902
Therapy Adherence	CareCentrix iComply Team	1-844-457-9972 M-F, 8:00 a.m. – 6:00 p.m. EST

Please contact your physician directly for any medical needs or questions.