

HELPING EMPLOYEES BREATHE EASIER, REST EASIER, BE HEALTHIER.



Sleep Management Program

According to the National Heart, Lung, and Blood Institute, more than 12 million people in the United States have obstructive sleep apnea (OSA).^{*} Apnea occurs when there are repeated episodes of complete or partial blockage of the upper airway during sleep. Left untreated, potential health consequences range from fatigue to absence from work and low productivity during work. Over the long term, it can lead to more serious heart conditions and stroke.

At Cigna, we want to help your covered employees and dependents with obstructive sleep apnea breathe easier – and rest easier. We see it as an important step in improving the quality of their lives. And as they become healthier and less fatigued, the companies where they work may benefit from a more productive workforce and lower medical costs.

How it works

The Sleep Management program is designed to improve the overall quality and reduce costs of sleep services. The program offers both facility-based and home sleep tests.

- › Facility-based test: an individual usually spends one or two nights at a sleep facility while being monitored via video camera by a sleep technologist.
- › Home sleep test: a self-administered test delivered to the individual's home or given to the patient by a home sleep test professional. To make sure they administer the test correctly, individuals receive educational resources and access to 24/7 support.

The Sleep Management program includes a prior-authorization component that will redirect individuals to home sleep testing whenever appropriate and a customer engagement program designed to improve the overall quality of sleep services and provide real-time patient information to their doctors.

What this could mean for you and your covered employees and dependents

Individuals can benefit from:

- › Convenience of receiving sleep diagnostic services in the home, when clinically appropriate
- › Enhanced support through a Positive Airway Pressure Therapy Program
- › An overall improved experience with sleep therapy, and ultimately, improved sleep

Employers could benefit from:

- › Reduced absenteeism and increased workplace productivity
- › Improved quality of care and compliance monitoring
- › Sleep service savings delivered with no additional client fees
- › A precertification process that includes redirection to home sleep test when clinically appropriate

By helping your covered employees and dependents get care in an appropriate setting, which may often include a home setting, our new Sleep Management program can help improve the health of those individuals with the goal of reducing the costs of sleep services and overall medical costs. That's something that should make everyone breathe easier.

Together, all the way.[®]

Offered by: Cigna Health and Life Insurance Company.



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