

Evernorth Sleep Management Program

Providing evidence-based sleep care, in the appropriate location, for the right price



Support along the entire continuum of sleep care

Sleep disorders like sleep apnea or insomnia can significantly impact quality of life and overall health over time.

Utilizing evidence-based clinical guidelines, Evernorth works with providers to determine which tests and therapy devices are medically necessary for their patients. From medical necessity review for diagnostic testing and treatment, to promoting adherence to positive airway pressure (PAP) therapy, we support cost-effective, quality care with the goal of improving outcomes so members can lead happier, healthier lives.

Responding to individual member needs

Our program considers site-of-care options, where we determine the best location for testing and treatment that maximizes member satisfaction and investment. Using technology-enabled processes, we support both the member and the provider in achieving optimal adherence to PAP treatment for sleep apnea.

To help improve member engagement, our program leverages SmartChoice for Sleep to identify those diagnosed with sleep apnea and approved for PAP therapy, but never started this needed treatment. Once identified, our consumer engagement team at eviCore reaches out to the member and helps get them started on therapy.

Our three-pillar solution facilitates effective and accessible care, available from the comfort of home when appropriate

Evernorth's sleep solution assists members in navigating the care process, encouraging at-home testing whenever possible.



1. Medical necessity review

We'll determine if a diagnostic sleep testing procedure is necessary and, if so, the most appropriate site for testing.



2. Device support

For each sleep apnea diagnosis, we conduct medical necessity review for PAP therapy devices and supplies.



3. Actionable monitoring data

During PAP treatment, TherapySupportSM collects PAP machine-generated adherence data, allowing our respiratory therapists to reach out to providers and support them with their members' care journey.

Sleep-related advanced technology, products and procedures expertise

In addition to the direct connection to PAP usage data offered with TherapySupport, eviCore Sleep Management guidelines cover the latest sleep-related procedures such as hypoglossal nerve stimulation (HGNS) surgery, oral appliances for sleep apnea, and other devices that garner American Medical Association's Current Procedural Technology® coding.



Clinical excellence

Evernorth's Sleep Program physicians are all board-certified in Sleep Medicine, and our guidelines have achieved the highest rating on the payer policy scorecard as determined by the American Academy of Sleep Medicine. Our program is also investigating the use of Sleep Medicine to lower medical costs in polychronic conditions with high rates of comorbid sleep apnea and insomnia.

We make quality sleep care a straightforward experience so members can overcome barriers to better sleep sooner. By utilizing Evernorth's Sleep Management Program, members can experience improvements in both sleeping and waking health outcomes that can lead to cost savings.

Partner with a sleep management solution to manage your members' sleep care and improve outcomes.

Visit us at

[Home-Based Care](#) | [Evernorth](#)

Contact us at

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Delivering flexible and responsive care from a member-focused perspective

Our approach meets members where they are, going beyond a one-size-fits-all solution. We respond to a diverse range of needs when treating sleep conditions, leading to better outcomes.

- + **Committed to accessibility**
Identifying barriers to sleep testing and offering site-of-care redirections to improve affordability and convenience.
- + **Addressing gaps in care**
SmartChoice performs outreach to members diagnosed with sleep apnea who never started therapy.
- + **Enhancing patient engagement**
TherapySupport Program outreach to providers to assist members that are struggling to meet usage goals.
- + **Preventing downstream costs**
Recognizing ways to identify sleep disorder diagnosis and treatment, ultimately reducing long-term financial impacts from worsened health.

Evernorth Home-Based Care is a suite of health care service solutions provided by various Evernorth affiliates. Clinical services are provided by licensed health care providers through medical practices managed and/or contracted with Evernorth Home-Based Care's health services management organization, as well as by other network providers. Clinical services delivered through MDLIVE's virtual care platform are provided by medical practices affiliated with MDLIVE, Inc. Medical management, utilization management/utilization review, network management, and third party administrator services related to the Evernorth Home-Based Care suite of solutions are provided by eviCore healthcare MSI, LLC, an Evernorth affiliate. 976003 04/23 © 2023 Evernorth. Some content provided under license.