# Description: Description: Description: Description: Description: FB_Email_logo_new.jpgDecember 2, 2015

# Patty Nguyen, On-Site Rep.

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Dear Patty:

**Q: My pulmonologist ordered a Sleep Test. What type of test is this?**

A: A Sleep Test helps determine if you have a sleep disorder, such as sleep apnea or

insomnia. It can also measure how effective a therapy is to treat a sleep disorder.

There are two basic types of sleep testing: 1. Sleep studies measure certain aspects of sleep. Sleep studies are not as complex or involved as a polysomnography study. 2. Polysomnography is more complex and is performed overnight in a sleep laboratory. This test studies many aspects of sleep. Special monitors for breathing, brain waves, blood oxygen, eyelid movements, muscle movements, and heart rhythm are used. Both types of testing are often performed in a special facility, although some types of sleep testing can be done at home.

Once the testing is completed, your results will be scored. Your doctor will consider the results. If your score is high enough, your doctor may diagnose you with a sleep disorder and decide on a course of treatment.

**Q: Is the Sleep Test or Polysomnography Study covered under my health plan?**

A: Yes, it is covered if you meet the medical necessity criteria. The ordering physician

would need to request prior authorization from Florida Blue.

**Q: If the Sleep Test is approved, what would be my out of pocket expenses?**

A: Your out of pocket expenses will vary by plan and the location of the services.

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| **Plan Name** | **Location of Service** | **Member out of pocket** |
| **BlueCare HMO Basic** | **Hospital** | **$2,000 DED + 20% Coinsurance** |
| **Sleep Study Center/Facility or Office** | **$65 copay/visit** |
| **BlueCare HMO Premium** | **Hospital** | **$500 copay/visit** |
| **Sleep Study Center/Facility or Office** | **$50 copay/visit** |
| **BlueOptions PPO Standard** | **Hospital** | **$300 copay/visit** |
| **Sleep Study Center/Facility or Office** | **$50 copay/visit** |

**Q: How do I find a Sleep Study Center/Facility, not associated with a hospital?**

A: You may access the Florida Blue website at [www.floridablue.com](http://www.floridablue.com) . Click on “Find A Doctor” and when you select a **Provider Type**, click on “Support Service” and then under **Specialty,** select “Sleep Study Center/Facility”.

**Q: My doctor is sending me to the hospital for the Sleep Test. Can I ask him if**

**I can have it done at a Sleep Study Center/Facility?**

A: You do have a choice of where the services are performed. I would definitely advise

your doctor that by having the Sleep Test performed at a Sleep Study Center/Facility will save you lots of money.

**Q: Is Lung Cancer Screening covered?**

A: Yes, the USPSTF recommends annual screening for lung cancer with low-dose computed tomography in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.