



Patty Nguyen, On-Site Representative  
(813) 794-2492  
(727) 774-2492  
(352) 524-2492  
Patricia.Nguyen@floridablue.com

May 4, 2022

**Do you have trouble falling asleep, getting too much sleep, or have irregular breathing during sleep? If the answer is yes, you may have a sleep disorder. Here are some FAQs about who can treat a sleep disorder, diagnostic tests used, and treatment.**

**Q:** My Primary Care Physician referred me to a Pulmonologist. What type of conditions do they treat?

**A:** A Pulmonologist is a doctor who diagnoses and treats diseases of the respiratory system, i.e., the lungs and other organs that help you breathe. The following are some of the conditions they treat:

- Asthma
- Bronchitis
- Chronic Obstructive Pulmonary Disease (COPD)
- Obstructive Sleep Apnea
- Pneumonia

**Q:** What is the copay to consult with an in-network Pulmonologist and do I need a referral from my Primary Care Physician?

**A:** It varies by plan. Under the HMO Basic Plan, it is a \$65 specialist copay per visit. Under the HMO Premium and PPO Standard Plans, it is a \$50 specialist copay per visit. No referrals are required.

**Q:** My Pulmonologist is ordering a sleep study test. What kind of test is this and is it covered under my plan?



Patty Nguyen, On-Site Representative  
(813) 794-2492  
(727) 774-2492  
(352) 524-2492  
Patricia.Nguyen@floridablue.com

A: A sleep study, also known as polysomnography, is a test that measures and records different body functions while you sleep. These include:

- Breathing rate
- Blood oxygen
- Heart rate
- Brain waves
- Leg movements
- Eye movements

The sleep study test is covered if you meet the medical necessity criteria.

Q: Who submits the prior authorization for the sleep study test?

A: The ordering physician may submit the request for authorization to Florida Blue for a pre-service review.

Q: Where is the sleep study performed?

A: You may be approved for a sleep study at an independent sleep center or at a hospital. To avoid high out of pocket expenses, I recommend using an independent sleep center.

Q: How do I find an in-network independent sleep center?

A: You may search our online provider directory by accessing [www.floridablue.com](http://www.floridablue.com) and clicking on "Find Care" and then "Find a Doctor". The provider type is "Mental Well-Being & Support Service" and the specialty is "Sleep Study Center/Facility".

Q: My sleep study test results indicate that I have Obstructive Sleep Apnea. My Pulmonologist is prescribing a CPAP machine. How do obtain a CPAP machine?



Patty Nguyen, On-Site Representative  
(813) 794-2492  
(727) 774-2492  
(352) 524-2492  
Patricia.Nguyen@floridablue.com

A: Your Pulmonologist has two options:

- He/She may submit an authorization request to CareCentrix, the vendor who coordinates DME (durable medical equipment). Once approved, CareCentrix will staff you with a supplier and you will be contacted regarding delivery and set up. **(Note: If your prescriber does not go through CareCentrix to request approval, the CPAP machine will not be covered. The exception is BayCare Home Care. CareCentrix can be reached at 1-877-561-9910.)**
- He/She may submit an authorization request directly to BayCare Home Care. BayCare Home Care requests authorization from Florida Blue directly. Once approved, they will contact you for delivery and set up.

Q: What are the out of pocket expenses for the approved CPAP machine?

A: It varies by plan. For both HMO Basic and HMO Premium Plans, the copay is \$0. For the PPO Standard Plan, the CPAP machine and supplies are subject to the \$2,000 Deductible + 20% Coinsurance.

Q: What supplies/accessories are covered?

A: The following supplies are covered at certain quantities within 12 months at \$0 copay. This is not an all-inclusive list.

- Tubing
- Nasal pillows
- Disposable filters
- Non-Disposable filters
- Face masks (various types)
- Humidifier, heated or non-heated

(source: [www.medlineplus.gov](http://www.medlineplus.gov))