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**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:** I am enrolled in the HMO Basic Plan. What is the copay to consult with an in-network Pulmonologist and do I need a referral from my Primary Care Physician?

**A:** Under the HMO Basic Plan, the copay for a specialist is \$75 per visit. No referrals are required.



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

**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 contact Patty Nguyen, Florida Blue On-site Representative at one of the above numbers or the Florida Blue Customer Service Phone number on the back of your ID Card. That number is 1-800-507-9820.



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**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?

**A:** Your Pulmonologist has two options:

1. Submit an authorization request to CareCentrix, the vendor who coordinates DME (durable medical equipment). Once approved, CareCentrix will provide 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.)**
2. Contact BayCare Home Care at **1-800-940-5161**. BayCare Home 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 \$2,500 Deductible + 30% Coinsurance.

**Q:** What supplies/accessories are covered?

**A:** The following supplies are covered at certain quantities within a 12-month period at \$0 copay with an approved authorization. This is not an all-inclusive list.

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