

Care First Prior Authorizations



Coverage for In-Lab Studies

Supervised polysomnography performed in a freestanding or hospital sleep laboratory is considered medically necessary as a diagnostic test in patients with any of the following:

- Pediatric patients (<18 years old),
- Craniofacial or upper airway soft tissue abnormalities, including adenotonsillar hypertrophy or neuromuscular disease,
- Moderate or severe congestive heart failure, stroke, transient ischemic attack, coronary artery disease, or significant tachycardia or bradycardia arrhythmias,
- Central sleep apnea,
- Chronic obstructive pulmonary disease,
- Strong suspicion of narcolepsy,
- Suspected REM Sleep Behavioral Disorder,
- Diagnostic need to distinguish between sleep related parasomnias and seizure disorders, or
- A previous non-diagnostic home study.

[Link To Coverage Policy](#)

Alternate Therapies

Covered	Not Covered
CPAP/Bi-Level PAP	Pro Vent
OAT	LAUP
MMA	Palatal Stiffening
UPPP	Radio-frequency ablation
	Hypoglossal Nerve Stimulation

Coverage for HSAT

Unattended portable monitoring may be used as an alternative to standard polysomnography (PSG) for diagnosis of OSAS in patients with a high pretest probability of moderate-to-severe OSAS,

- Patient **does not have a significant comorbidity** (examples: congestive heart failure [CHF], chronic obstructive pulmonary disease [COPD]), that may degrade the accuracy of the test.
- Patient **does not have a co-existing sleep disorder** of another type, such as periodic limb movement disorder

Impacts

- Delays in approvals even when meet guidelines
- Significantly increased work on staff (need to hire more)?

Co Morbidities Permitted So far

- Eval post UPPP
- SOB, Chest pain
- Seizures, spondylosis
- Hashimotos', chronic fatigue, migraine
- Prior CPAP wearer non compliant
- DVT
- Post stroke hospitalization HTN

Suggestions

- Schedule at least 2 weeks out to be safe
- Make sure to get or maintain JC or AASM accreditation
- Encourage key referral sources to document
- Consider cross-training coverage for authorizations