

### **Upcoming change to sleep study benefit interpretation**

Effective October 1, 2011, MVP is mandating all Polysomnography (PSG)/Sleep Studies be performed in the home setting unless the medical necessity for facility-based sleep testing is authorized by MVP's Medical Director.

Home Sleep Studies will be covered without prior authorization. Site of Service prior authorization is required for facility-based Polysomnography (PSG)/Sleep Studies. This mandate covers all Commercial products in the states of Vermont and New Hampshire. Medicare members are not subject to this mandate nor are PPO members using out-of-network benefits.

Sleep Management Solutions (SMS) will be MVP's solely-contracted provider of in-network home sleep testing for appropriate patients as established by MVP's new benefit interpretation for Obstructive Sleep Apnea – Diagnosis for Vermont and New Hampshire. The benefit interpretation maintains criteria for establishing when facility-based sleep testing is medically necessary. MVP's Medical Policy Manual (previously known as the Benefit Interpretation Manual, or BIM) is accessible online when you log in at [www.mvphealthcare.com/provider](http://www.mvphealthcare.com/provider) and click Online Resources.

Effective October 1, 2011, all sleep study requests will need to be submitted to the SMS's Sleep Study Request Department using an SMS Sleep Study Request Form (online at [www.sleepmanagementsolutions.com](http://www.sleepmanagementsolutions.com)). Forms may be faxed to SMS at 1-866-217-2053. Based on medical criteria established by MVP, SMS will provide the coordination and management for those studies that are appropriate to be performed in the member's home. If the member is not appropriate for a Home Sleep Test, the request will be directed to MVP's Utilization Management Department for authorization of facility-based services. SMS will coordinate the delivery of diagnostic equipment to the member's home and outreach to the member to walk through the set-up and test instructions. The referring physician will be provided with study interpretation and recommendations, along with the coordination and initiation of APAP therapy when appropriate.

All patients receiving APAP therapy will be enrolled in the SMS iComply Compliance Program. Please be advised that if authorization has not been obtained prior to performing a facility-based sleep test and a claim is submitted to MVP, the claim will be denied. If you have questions about Sleep Management Solutions, please contact the Sleep Management Solutions Customer Service Department at 1-888-497-5337 or your MVP Professional Relations representative. SMS's Sleep Study Request Form can be found at [www.sleepmanagementsolutions.com](http://www.sleepmanagementsolutions.com).

**Obstructive Sleep Apnea–Diagnosis for Vermont and New Hampshire:  
NEW POLICY**

- The policy addresses obstructive sleep apnea diagnosis criteria for the states of Vermont and New Hampshire.
- Home sleep studies are covered for members without prior authorization.
- Home sleep studies are required to be provided by an MVP contracted vendor (Sleep Management Solutions).
- Facility-based polysomnography is indicated if the member has a co-morbid or complicating factor listed in the policy. Facility-based polysomnography requires prior authorization.
- Medicare products do not require prior authorization for either home sleep studies or facility-based polysomnography.