APRIA®

SLEEP THERAPY

Your Sleep Care Journey – Sleep Care Simplified

The Journey Begins

Your sleep therapy journey with Apria starts here. We're here to help.

Scan the QR code below to start your Sleep Care Journey.

If you would like one-on-one support for your device setup, Sleep Coaches are available to assist you at **877.265.2426, option 4.**

For additional support, visit **Apria.com/sleep**

Month One

During the first month of PAP therapy, it is important to wear your PAP therapy at least 4 hours per night.

Apria is here to support you!

Sleep Coaches — To support and provide education.

Helpful Reminders — Automated reminders through email, text or a phone call to keep track of your therapy needs.

App — Download your device manufacturer's app in order to track your adherence.

Month Two

In your second month of PAP therapy, you should have an appointment scheduled with your physician to review your progress.

Technology for Monitoring — Apria monitors your PAP unit remotely and provides adherence data to your physician.

Apria support is always available at **877.265.2426, option 4**.

Month Three

Prepare for ongoing therapy success by refreshing your sleep supplies regularly.

For quick and convenient ordering, you can refresh your supplies through myApria

Reorder supplies, track orders and shipments, and manage your account on the go. Visit **myApria.com** to get registered!

You may have been enrolled in our Supplies on Schedule program to keep your sleep supplies updated.*

Once confirmed, your supplies will be shipped directly to your doorstep for uninterrupted therapy.

Day 365 & Beyond

Ensure annual follow-up appointments with your physician to discuss your PAP therapy.

Watch for your resupply text every few months.

APRIA® DIRECT

Need a travel PAP unit? Visit **ApriaDirect.com** for additional retail resources.

After 5 years, you may be eligible for a new PAP machine. **Apria.com/ReFresh**

For more information on Supplies on Schedule, visit **Apria.com/OnSchedule**

*Schedule of supplies may vary, depending on your physician's orders, your medical condition, and the discretion of your insurance company.

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