



## FOUR WAYS TO ORDER YOUR REPLACEMENT SLEEP SUPPLIES WITH APRIA



**Opt-In.** If you are currently receiving sleep therapy supplies from Apria, you may have the option to sign up for **Apria's Continuous Sleep Resupply Program**.<sup>1</sup> You can pre-determine how often you want to receive your replacement sleep supplies and Apria will automatically ship them to you going forward. No follow-up orders needed.

To see if you are eligible for this option and to enroll, you can call an Apria Sleep Expert. You can also complete the Opt-In PAP Resupply Enrollment form, available at [www.apria.com](http://www.apria.com).



**Order Online.** Apria has two convenient ways to order sleep supplies when you need them:

**Apria.com.** If you are currently receiving sleep therapy supplies from Apria, you can log on to the company's **PAP Patient Resupply Portal** and place an order for sleep supplies. The benefit of using this site is that Apria will directly bill your insurance for you. To register, go to: [www.apria.com/papresupply](http://www.apria.com/papresupply).

**ApriaDirect.com.** Apria also has a cash-and-carry retail web site with the latest in sleep supplies and comfort items. Similar to other online retailers, you will need to work with your insurance provider to receive any reimbursement, if applicable.



**Call In.** Dial **800.436.5657** to use Apria's automated phone system and follow the prompts to place your order. Available 24 hours a day.



**Talk to Us.** Call **877.265.2426** to speak directly to an Apria Sleep Expert. Available Monday – Friday: 7 a.m. to 8 p.m. CST or Saturday: 7 a.m. to 6 p.m. CST.

**If you decide not to participate in the Opt-In PAP Resupply Program, you will receive automated calls from Apria to remind you that is it time to order your replacement sleep supplies.**

1. This PAP Resupply Opt-In Program is not available to all Sleep patients. Patients with certain payors, such as Medicare, Medicaid, Managed Medicaid, or TRICARE, are not eligible.

# Apria Recommended Replacement Schedule for Sleep Supplies

Please note that the supplies actually included in your replacement package will be governed by your insurance plan, and may be different than those listed on this schedule.

Twice Monthly	Once Monthly	Every 3 Months	Every 6 Months
<ul style="list-style-type: none"> <li>Mask nasal cushions and nasal pillows</li> <li>Disposable filters</li> </ul>	<ul style="list-style-type: none"> <li>Full-face mask cushions</li> </ul>	<ul style="list-style-type: none"> <li>Mask frame</li> <li>Tubing (standard or heated)</li> </ul>	<ul style="list-style-type: none"> <li>Headgear and chin straps</li> <li>Humidifier water chamber</li> <li>Non-disposable filters</li> </ul>

## Medicare Coverage Guidelines for Replacement Sleep Supplies

Description	Utilization
Tubing with integrated heating element	1 per 3 months
Combination oral/nasal mask	1 per 3 months
Oral cushion for combination oral/nasal mask, replacement only	2 per 1 month
Nasal pillows for combination oral/nasal mask, replacement only	2 per 1 month
Full face mask used with positive airway pressure device	1 per 3 months
Face mask interface, replacement for full face mask	1 per 1 month
Cushion for use on nasal mask interface, replacement only	2 per 1 month
Pillow for use on nasal cannula type interface, replacement only	2 per 1 month
Nasal interface (mask or cannula type) with or without head strap	1 per 3 months
Headgear	1 per 6 months
Chin strap	1 per 6 months
Tubing	1 per 3 months
Filter, disposable	2 per 1 month
Filter, non-disposable	1 per 6 months
Water chamber for PAP humidifier, replacement	1 per 6 months

## Did you know?

- Sleep therapy masks generally last only 3 to 6 months.<sup>2</sup>
- Even masks that have been cleaned regularly still require replacement.<sup>3</sup>
- Masks, cushions, pillows and tubing all deteriorate over time, which can compromise fit and cause leaks and discomfort.<sup>3</sup>
- Headgear and chinstraps get overstretched, which can lead to poor fit and discomfort.<sup>3</sup>

**Remember to replace your sleep supplies regularly. This helps to ensure a good mask seal and reduce the build-up of bacteria, viruses, and/or allergens.<sup>4</sup>**

**Apria has a wide selection of the latest in sleep supplies to help you achieve your best night's sleep.**

2. Manufacturers' replacement recommendations.

3. ResMed, Stay on Track brochure (PN 1016061), November 2014.

4. Alex Horowitz, Sandra Horowitz MD FRCP(C), and Chinhak Chun MD, CPAP Masks are Sources of Microbial Contamination, SleepHealth Centers, Division of Sleep Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, APSS Poster 2009.

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