

Sleep Evaluation Process

Home Sleep Test (HST): What to Expect



INITIAL TELEHEALTH

- Patient is emailed a link to their 1st telehealth appointment with our medical provider.
- The telehealth visit will cover an overview of the patient's symptoms.
- After the call, a home sleep test (HST) is ordered & shipped to the patient via FedEx.
- Patient adds Sleep Advisor's number, 877-933-9470, in their phone contacts for easy recognition.



HOME SLEEP TEST

- Patient receives an estimate of their costs for the HST.
- FedEx delivers HST to patient's home.
- The Sleep Advisor calls the patient to review the HST instructions & answer questions.
- Patient conducts the HST.
- Patient ships completed HST via FedEx in pre-paid packaging.
- Millennium Sleep Lab receives the completed HST and completes an analysis & results.



FOLLOW-UP TELEHEALTH

- Patient is emailed a link to their 2nd telehealth appointment.
- The telehealth visit will cover a review of the HST results with the Sleep Advisor and our medical provider.
- If the medical provider feels the patient is a candidate for oral appliance therapy, our medical provider will discuss the treatment plan with the patient.



BILLING & COSTS

- Millennium Sleep Lab bills the patient's insurance for both telehealth appointments and the HST.
- Sleep Advisor provides a breakdown of expected costs for the oral appliance to the patient.
- Our medical provider orders the oral appliance.
- Sleep Advisor schedules date with the patient for in-office pick-up of oral appliance.

Questions? **Call 877-933-9470**
SAVE THIS NUMBER!

Your Sleep Advisor: _____