



# Helpful hints for filing

## Polysomnography and Home Sleep Testing (HST)

### for diagnosing obstructive sleep apnea (OSA)

#### Sleep tests

Coverage of a PAP device for the treatment of OSA is limited to claims where the diagnosis of OSA is based upon a Medicare-covered sleep test (Type I, II, III, or IV). A Medicare-covered sleep test must be either a polysomnogram performed in a facility-based laboratory (Type I study) or a home sleep test (HST) (Types II, III, or IV). The test must be ordered by the beneficiary's treating physician and conducted by an entity that qualifies as a Medicare provider of sleep tests and is in compliance with all applicable state regulatory requirements.

#### Facility-based sleep test

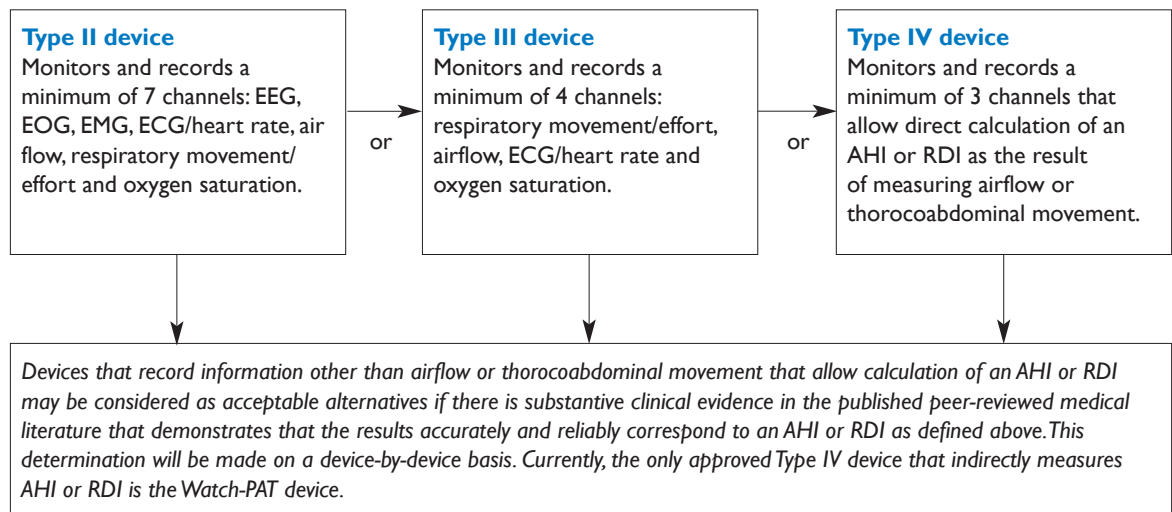
A Type I sleep test is the continuous and simultaneous monitoring and recording of various physiological and pathophysiological parameters of sleep with physician review, interpretation, and report. It is facility-based and

must include sleep staging, which is defined to include a 1-4 lead electroencephalogram (EEG), electrooculogram (EOG), submental electromyogram (EMG) and electrocardiogram (ECG). It must also include at least the following additional parameters of sleep:

- Airflow
- Respiratory effort
- Oxygen saturation by oximetry
- Performed as either a whole night study for diagnosis only or a split night study to diagnose and initially evaluate treatment

#### Home Sleep Test (HST)

A HST is performed unattended in the beneficiary's home using a portable monitoring device. A portable monitoring device for conducting an HST must meet one of the following criteria, if qualifying a Medicare patient for PAP therapy:



### Facility-based sleep test requirements

Each of the carriers (A/B MACS; Part B carriers) have created local coverage determinations (LCDs) for their jurisdictions. Some have requirements that others do not. Therefore, it is important to consult with your carrier for the coverage requirements applicable in your geographic area.

All carriers require that reasonable and necessary diagnostic tests performed by sleep disorder clinics (sleep disorder centers or laboratories for sleep-related breathing disorders) are covered when the following criteria are met:

- The clinic is either affiliated with a hospital or is under the direction and control of physicians. Diagnostic testing routinely performed in sleep disorder clinics may be covered even in the absence of direct supervision by a physician.
- Patients are referred to the sleep disorder clinic by their attending physician and the clinic maintains a record of the attending physician's orders.
- The need for diagnostic testing is confirmed by medical evidence, e.g., physician examinations and laboratory tests.

Some carriers may require that for tests performed in a freestanding facility (includes sleep clinics that are a part of a physician's office, Independent Diagnostic Testing Facilities (IDTFs) and all other non-hospital-based facilities where sleep studies are performed), the facility must have on file, and make available to Medicare upon request, evidence that:

- They are fully or provisionally certified by either the American Academy of Sleep Medicine (AASM) as a sleep disorders center or as a laboratory for sleep-related breathing disorders or by the Joint Commission as a free-standing sleep center, or accredited as a freestanding provider of sleep testing services by the Accreditation Commission for Health Care, Inc.
- A facility has proof of certification when the global, professional or technical components are billed by a physician's office, an IDTF and all other non-hospital-based facilities.

### Split-night studies

For CPAP titration, a split-night study (initial diagnostic polysomnogram followed by CPAP titration during polysomnography on the same night) is an alternative to one full night of diagnostic polysomnography, followed by a second night of titration if the following criteria are met:

- A Respiratory Disturbance Index (RDI)  $\geq 15$  or RDI  $\geq 5$  and  $< 15$ , but must be based on a minimum of two hours of sleep recorded by polysomnography using actual recorded hours of sleep. It is known that a split study may underestimate the severity of sleep apnea.

However, an AHI of 40 is considered severe OSA with a known mortality and further testing throughout the rest of the night most likely would not change treatment needs.

- CPAP titration is carried out for more than three hours.
- The entire split-night study must cover six or more hours of recording the parameters of sleep and should be billed with a single unit of 95811.

### Follow-up studies

Follow-up polysomnography or a cardiorespiratory sleep study is indicated for the following conditions:

- To evaluate the response to treatment (CPAP, oral appliances, or surgical intervention).
- After substantial weight loss has occurred in patients on CPAP for treatment of sleep-related breathing disorders to ascertain whether CPAP is still needed at the previously titrated pressure.
- After substantial weight gain has occurred in patients previously treated with CPAP successfully, who are again symptomatic despite continued use of CPAP, to ascertain whether pressure adjustments are needed.
- When clinical response is insufficient or when symptoms return despite a good initial response to treatment with CPAP.

### ICD9 coding

For purposes of qualifying a patient for PAP therapy, the only acceptable patient diagnosis is 327.23 – Obstructive Sleep Apnea. However, additional diagnoses are covered by the carriers for the purpose of paying for the sleep test itself.

### Usual sleep test parameters measured and documented

- Start time and duration of day/night of study.
- Total sleep time, sleep efficiency, number/duration of awakenings.
- For tests involving sleep staging: time and percent time spent in each stage.
- Respiratory patterns including type (central/obstructive/periodic), number and duration, effect on oxygenation, sleep stage/body position relationship, and response to any diagnostic/therapeutic maneuvers.
- Cardiac rate/rhythm and any effect of sleep-disordered breathing on EKG.
- Detailed behavioral observations.
- EEG or EMG abnormalities.

### HST requirements

Test cannot be performed by a DME supplier or any entity with a significant financial relationship to the DME supplier. This exclusion does not apply to results of studies from hospitals certified to perform such tests.

There is no separate reimbursement for in-home titration using an auto-titrating device. An in-lab titration (95811) is covered by Medicare and may be covered by commercial payers.

Many commercial insurance payers now cover HST. Many have adopted Medicare coverage guidelines. However, payment rates will vary. Consult the individual payer for their coverage and payment policies.

All beneficiaries who undergo a HST must, prior to having the test, receive instruction on how to properly apply a portable sleep monitoring device.

This instruction must be provided by the entity conducting the HST and may not be performed by a DME supplier. Patient instruction may be accomplished by either:

#### Criterion A

Face-to-face demonstration of the portable sleep monitoring device's application and use.

or

#### Criterion B

Video or telephonic instruction, with 24-hour availability of qualified personnel to answer questions or troubleshoot issues with the device.

### Physician credentials

For PAP devices with initial dates of service on or after January 1, 2010, physicians interpreting facility-based polysomnograms (Type I) and HSTs (Type II, III, or IV) must hold:

1. Current certification in sleep medicine by the American Board of Sleep Medicine (ABSM); or,
2. Current subspecialty certification in sleep medicine by a member board of the American Board of Medical Specialties (ABMS); or,
3. Completed residency or fellowship training by an ABMS member board and has completed all the requirements for subspecialty certification in sleep medicine except the examination itself and only until the time of reporting of the first examination for which the physician is eligible; or,
4. Active staff membership of a sleep center or laboratory accredited by the American Academy of Sleep Medicine (AASM) or The Joint Commission (formerly the Joint Commission on Accreditation of Healthcare Organizations – JCAHO).

No aspect of a HST, including but not limited to delivery and/or pickup of the device, may be performed by a DME supplier. This prohibition does not extend to the results of studies conducted by hospitals certified to do such tests.

### Definitions

- Apnea – A cessation of airflow for at least 10 seconds.
- Apnea-Hypopnea Index (AHI) – Average number of episodes of apnea and hypopnea per hour of sleep without the use of a positive airway pressure device.
- Hypopnea – An abnormal respiratory event lasting at least 10 seconds with at least a 30% reduction in thoracoabdominal movement or airflow as compared to baseline, and with at least a 4% oxygen desaturation.
- Respiratory Distress Index (RDI) – Average number of apneas plus hypopneas per hour of recording, without the use of a positive airway pressure device.

## Initial coverage criteria for CPAP (first three months)

### Criterion A

The patient has a face-to-face clinical evaluation by the treating physician prior to the sleep test to assess the patient for obstructive sleep apnea. The clinical evaluation may include the following:

1. Sleep history and symptoms including, but not limited to, snoring, daytime sleepiness, observed apneas, choking or gasping during sleep, morning headaches.
2. Epworth Sleepiness Scale.
3. Physical examination that documents body mass index, neck circumference, and a focused cardiopulmonary and upper airway system evaluation.

and

### Criterion B1

Medicare-covered sleep test where the AHI or RDI is  $\geq 15$  events per hour with a minimum of 30 events.

or

### Criterion B2

Medicare-covered sleep test where the AHI or RDI is  $\geq 5$  and  $\leq 14$  events per hour with a minimum of 10 events and documented symptoms of excessive daytime sleepiness, impaired cognition, mood disorders or insomnia; or hypertension, ischemic heart disease or history of stroke.

and

and

### Criterion C

The beneficiary and/or the caregiver has received instruction from the supplier of the CPAP device and accessories in the proper use and care of the equipment.

**Coverage for a RAD without backup rate (E0470) is covered for patients with OSA who meet criteria A-C above, in addition to criterion D.**

and

### Criterion D

A single level (E0601) positive airway pressure device has been tried and proven ineffective either during a facility-based titration or in the home setting. The physician must document that 1) patient is using a properly fitted interface without difficulty, and 2) the pressure setting prevents patient from tolerating therapy.

\*If the AHI or RDI is calculated based on less than two hours of sleep or recording time, the total number of recorded events used to calculate the AHI or RDI (respectively) must be at least the number of events that would have been required in a two-hour period (i.e., must reach 30 events without symptoms or 10 events with symptoms).

## HST coding and payment

The hospital-based sleep lab allowable, the outpatient perspective payment system rate, is \$166.64 for any type of HST identified by G0398, G0399, and G0400.

Code*	Descriptor
G0398	Home sleep study test (HST) with Type II portable monitor; unattended; minimum of 7 channels: EEG, EOG, EMG, ECG/heart rate, airflow, respiratory effort and oxygen saturation
G0399	Home sleep test (HST) with Type III portable monitor; unattended, minimum of 4 channels: 2 respiratory movement/airflow, 1 ECG/heart rate and 1 oxygen saturation
G0400	Home sleep test (HST) with Type IV portable monitor; unattended, minimum of 3 channels: allows for direct calculation of AHI/RDI

\*Rates for G codes are individually carrier priced. Check with local carrier for rates.

Code**	Description	Amount
95800	Sleep study, unattended, simultaneous recording; heart rate, oxygen saturation, respiratory analysis (e.g., by airflow or peripheral arterial tone), and sleep time	\$205.56 \$147.46 (TC) \$ 58.10 (26)
95801	Sleep study, unattended, simultaneous recording; minimum of heart rate, oxygen saturation and respiratory analysis (e.g., by airflow or peripheral arterial tone)	\$ 96.83 \$ 45.53 (TC) \$ 51.30 (26)
95806	Sleep study, simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation, unattended by a technologist (Type III)	\$182.11 \$119.26 (TC) \$ 62.86 (26)
95810	Polysomnography; sleep staging with 4 or more additional parameters of sleep, attended by a technologist	\$694.14 \$568.76 (TC) \$125.37 (26)
95811	Polysomnography; sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bi-level ventilation, attended by a technologist	\$749.18 \$618.03 (TC) \$131.15 (26)

\*\*Based on 2011 Medicare reimbursement rates. Medicare does not accept 95800, 95806 or 95801 for qualifying patients for PAP therapy. Use codes G0398, G0399 and G0400. Commercial insurance plans may accept 95800, 95806 and 95801 or the "G" codes. Check with each individual payer.

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**How to reach us**

[www.philips.com/healthcare](http://www.philips.com/healthcare)  
[healthcare@philips.com](mailto:healthcare@philips.com)

Asia  
+49 7031 463 2254

Europe, Middle East, Africa  
+49 7031 463 2254

Latin America  
+55 11 2125 0744

North America  
+1 425 487 7000  
800 285 5585 (toll free, US only)

Philips Respironics  
1010 Murry Ridge Lane  
Murrysville, PA 15668

Customer Service  
+1 724 387 4000  
800 345 6443 (toll free, US only)

Philips Respironics International  
Headquarters  
+33 1 47 28 30 82

Philips Respironics Asia Pacific  
+65 6882 5282

Philips Respironics Australia  
+61 (2) 9666 4444

Philips Respironics China  
+86 021 24127311

Philips Respironics Deutschland  
+49 8152 93 06 0

Philips Respironics France  
+33 2 51 89 36 00

Philips Respironics Italy  
+39 039 203 1

Philips Respironics Sweden  
+46 8 120 45 900

Philips Respironics Switzerland  
+41 6 27 45 17 50

Philips Respironics United  
Kingdom  
+44 800 1300 845

[www.philips.com/respironics](http://www.philips.com/respironics)

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