

New Effective Date for Sleep Related Breathing Disorders Medical Policy (MED205.001)

In a recent notification on the Announcements section of our Provider website, we announced revisions to the BCBSMT Medical Policy for [Diagnosis and Medical Management of Sleep Related Breathing Disorders \(MED205.001\)](#), effective for dates of service on or after April 15, 2015.

The new effective date for this medical policy has been changed to: May 1, 2015. The revised medical policy maintains high quality, evidence based criteria that is consistent with nationally recognized clinical guidelines and current industry standards.

The updated policy describes the medically appropriate utilization of unsupervised home sleep apnea tests and facility based, supervised, polysomnography (PSG) in the diagnosis of Sleep Related Breathing Disorders. For adult patients with symptoms suggestive of OSA and without significant comorbidities, unsupervised home sleep apnea tests are preferred and may be considered **medically necessary**. Supervised, facility/lab based PSG is considered **not medically necessary** if an adult patient meets criteria for an unattended home sleep apnea test. For services rendered on or after the May 1, 2015, effective date, PSG and facility based sleep study tests, related to OSA will be subject to a medical necessity review under these new Medical Policy criteria.

You are encouraged to obtain a medical necessity determination prior to services being rendered, by submitting a benefit [Predetermination Request Form](#). Please follow the directions on the form for completion and submission.

To review the full medical policy, please visit the BCBSMT Medical Policy website at <http://www.medicalpolicy.hcsc.net/medicalpolicy/index?corpEntCd=MT1>.

The BCBSMT Medical Policies are for informational purposes only and are not a replacement for the independent medical judgment of physicians. Physicians are to exercise their own clinical judgment based on each individual patient's health care needs. Some benefit plans administered by BCBSMT, such as some self-funded employer plans or government plans, may not utilize BCBSMT Medical Policy. Members should contact their local customer services representative for specific coverage information.