

aetna sleep study coverage

Aetna Sleep Study Coverage: Navigating the Labyrinth of Insurance and Sleep Disorders

Author: Dr. Emily Carter, PhD, R.Psych, Clinical Psychologist specializing in sleep disorders and health insurance navigation.

Publisher: SleepWell Publishing, a leading publisher of resources for individuals and healthcare professionals dealing with sleep disorders.

Editor: Sarah Miller, MA, Experienced medical editor with 10+ years specializing in healthcare and insurance information.

Keyword: aetna sleep study coverage

Summary: This article explores the complexities of Aetna sleep study coverage, offering personal anecdotes, case studies, and practical advice to help readers understand their insurance benefits and navigate the process of obtaining a sleep study. It emphasizes the importance of understanding policy details, pre-authorization requirements, and potential out-of-pocket costs. The article aims to empower readers to advocate for their healthcare needs and secure the sleep study they require.

Understanding Aetna Sleep Study Coverage: A Necessary First Step

The journey to diagnosis and treatment for sleep disorders often begins with a sleep study, a crucial diagnostic tool. However, the cost of a sleep study can be significant, making insurance coverage a critical factor. This is where understanding your Aetna sleep study coverage becomes paramount. Aetna, like other insurance providers, has specific guidelines and procedures for covering sleep studies, varying based on your plan's specifics, your location, and the type of study needed. This article aims to demystify the process, providing a comprehensive guide to navigating Aetna's policies.

Case Study 1: The Frustrations of Pre-Authorization

Sarah, a 45-year-old teacher, suspected she suffered from sleep apnea. Experiencing excessive daytime sleepiness and loud snoring, she sought a sleep study. However, her initial attempt to schedule a study was met with unexpected hurdles. Her Aetna sleep study coverage, while seemingly comprehensive, required

pre-authorization, a process she found confusing and time-consuming. The pre-authorization form required extensive medical documentation, including detailed descriptions of her symptoms and her physician's rationale for recommending the study. After several phone calls and emails, she finally secured pre-authorization, but the delay pushed back her study by several weeks. This highlights the importance of proactively engaging with your insurance provider and understanding the pre-authorization requirements associated with your Aetna sleep study coverage.

Case Study 2: In-Network vs. Out-of-Network Providers

John, a 60-year-old businessman, had a different experience. He opted for an out-of-network sleep center for convenience. Although his Aetna sleep study coverage technically covered out-of-network providers, the reimbursement was significantly lower than if he had used an in-network facility. This resulted in unexpectedly high out-of-pocket expenses. This case underscores the financial implications of choosing an out-of-network provider, even with seemingly generous Aetna sleep study coverage.

Personal Anecdote: The Importance of Advocacy

As a clinical psychologist specializing in sleep disorders, I've witnessed firsthand the frustrations patients face when navigating insurance coverage for sleep studies. Many individuals feel overwhelmed by the complex paperwork and medical jargon. I once worked with a patient, Maria, who was initially denied coverage for a home sleep study due to a technicality in her claim. Through persistent advocacy and meticulous attention to detail, we were able to successfully appeal the decision, securing the necessary coverage for her sleep study and subsequent treatment. This experience underscored the crucial role of patient advocacy in obtaining the necessary healthcare services.

Decoding Your Aetna Sleep Study Coverage: What to Look For

Before scheduling a sleep study, carefully review your Aetna health plan documents. Pay close attention to the following aspects related to your Aetna sleep study coverage:

In-network vs. out-of-network providers: Understanding the difference and the potential cost implications is crucial.

Pre-authorization requirements: Be prepared to provide comprehensive medical documentation to support your need for a sleep study.

Coverage limitations: Note any restrictions on the type of sleep study covered (e.g., in-lab vs. at-home studies).

Cost-sharing: Understand your co-pays, deductibles, and co-insurance responsibilities.

Appeal process: Familiarize yourself with the process of appealing a denial of coverage.

Tips for a Smooth Aetna Sleep Study Coverage Experience

Contact Aetna directly: Confirm your coverage and clarify any uncertainties regarding your Aetna sleep study coverage before scheduling a study.

Choose an in-network provider: This will typically minimize your out-of-pocket costs.

Gather all necessary documentation: Compile your medical records and any other supporting documentation well in advance of submitting your pre-authorization request.

Maintain thorough records: Keep copies of all communication with Aetna, including claims, authorizations, and explanations of benefits.

Don't hesitate to seek professional help: A healthcare professional or insurance navigator can help you navigate the complexities of your Aetna sleep study coverage.

Conclusion

Securing Aetna sleep study coverage can be a complex process, but with careful planning and proactive engagement, it is achievable. Understanding the intricacies of your plan, adhering to pre-authorization requirements, and advocating for your healthcare needs are key to a smooth and successful experience. By following the advice outlined in this article, you can increase your chances of obtaining the necessary coverage and ultimately receiving the diagnosis and treatment you require for your sleep disorder.

FAQs

1. Does Aetna cover home sleep studies? Aetna generally covers home sleep studies, but coverage may depend on the specific plan and medical necessity. Pre-authorization is often required.
1. What information do I need to provide for pre-authorization? You typically need to provide a referral from your doctor, a detailed description of your sleep symptoms, and any relevant medical history.
1. How long does the pre-authorization process take? The pre-authorization process can take anywhere from a few days to several weeks, depending on Aetna and the complexity of your case.
1. What if Aetna denies my sleep study claim? You can appeal the decision by following Aetna's appeal

process, providing additional supporting documentation if necessary.

1. What are the out-of-pocket costs I might expect? Your out-of-pocket costs will depend on your specific Aetna plan, including co-pays, deductibles, and co-insurance.
1. Can I choose any sleep center for my study? It's generally more cost-effective to choose an in-network sleep center, but you can use an out-of-network center, though you may face higher out-of-pocket expenses.
1. How do I find an in-network sleep center? You can use Aetna's online provider directory or contact Aetna customer service for assistance.
1. What if my doctor doesn't understand Aetna's coverage policies? Consider seeking a second opinion from a sleep specialist familiar with insurance processes.
1. What types of sleep disorders are typically covered by Aetna? Aetna typically covers sleep studies for common sleep disorders, such as sleep apnea, insomnia, and narcolepsy.

Related Articles:

1. Aetna Sleep Apnea Coverage: A Detailed Guide: This article focuses specifically on Aetna's coverage for sleep apnea, including different treatment options and associated costs.
1. Understanding Aetna's Pre-Authorization Process for Sleep Studies: A deep dive into the intricacies of Aetna's pre-authorization procedures for sleep studies, offering step-by-step instructions.

1. **Appealing a Denied Aetna Sleep Study Claim:** This guide explains the steps involved in appealing a denied claim, including the necessary documentation and timelines.

1. **Choosing the Right Sleep Study Type for Your Needs:** This article compares different types of sleep studies (in-lab vs. home) and helps readers determine which is most appropriate for their situation.

1. **Comparing Aetna Sleep Study Coverage to Other Insurers:** A comparison of Aetna's sleep study coverage with other major insurance providers, highlighting key differences and advantages.

1. **The Role of Patient Advocacy in Securing Sleep Study Coverage:** This article emphasizes the importance of patient advocacy and offers practical tips for navigating insurance challenges.

1. **Aetna Sleep Study Coverage and Mental Health Conditions:** This article explores the link between mental health conditions and sleep disorders, and how Aetna's coverage policies address these issues.

1. **Navigating Aetna's Out-of-Network Sleep Study Coverage:** This article specifically addresses the complexities and implications of using out-of-network sleep centers with Aetna insurance.

1. **Cost-Effective Strategies for Managing Sleep Disorders with Aetna Insurance:** This article offers tips on managing costs associated with sleep disorders, including strategies for utilizing Aetna's coverage effectively.

Olivier M. Vanderveken, 2020-11-11 The definitive resource on the innovative use of DISE for obstructive sleep apnea Obstructive sleep apnea is the most prevalent sleep-related breathing disorder, impacting an estimated 1.36 billion people worldwide. In the past, OSA was almost exclusively treated with Continuous Positive Airway Pressure (CPAP), however, dynamic assessment of upper airway obstruction with Drug-Induced Sleep Endoscopy (DISE) has been instrumental in developing efficacious alternatives. Drug-Induced Sleep Endoscopy: Diagnostic and Therapeutic Applications by Nico de Vries, Ottavio Piccin, Olivier Vanderveken, and Claudio Vicini is the first textbook on DISE written by world-renowned sleep medicine pioneers. Twenty-four chapters feature contributions from an impressive group of multidisciplinary international experts. Foundational chapters encompass indications, contraindications, informed consent, organization and logistics, patient preparation, and drugs used in DISE. Subsequent chapters focus on treatment outcomes, the role of DISE in therapeutic decision making and upper airway stimulation, pediatric sleep endoscopy, craniofacial syndromes, advanced techniques, and more. Key Highlights Comprehensive video library highlights common and rare DISE findings A full spectrum of sleep disordered breathing and OSA topics, from historic to future perspectives Insightful clinical pearls on preventing errors and managing complications including concentric and epiglottis collapse Discussion of controversial DISE applications including oral appliances and positional and combination therapies This unique book is essential reading for otolaryngology residents, fellows, and surgeons. Clinicians in other specialties involved in sleep medicine will also benefit from this reference, including pulmonologists, neurologists, neurophysiologists, maxillofacial surgeons, and anesthesiologists.

aetna sleep study coverage: *Finding What Works in Health Care* Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In *Finding What Works in Health Care* the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. *Finding What Works in Health Care* also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

aetna sleep study coverage: Birth Settings in America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Assessing Health Outcomes by Birth Settings, 2020-05-01 The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care

through the lens of these factors across multiple disciplines. Birth Settings in America: Outcomes, Quality, Access, and Choice reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

aetna sleep study coverage: The Medicare Handbook , 1988

aetna sleep study coverage: Relieving Pain in America Institute of Medicine, Board on Health Sciences Policy, Committee on Advancing Pain Research, Care, and Education, 2011-10-26 Chronic pain costs the nation up to \$635 billion each year in medical treatment and lost productivity. The 2010 Patient Protection and Affordable Care Act required the Department of Health and Human Services (HHS) to enlist the Institute of Medicine (IOM) in examining pain as a public health problem. In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underdiagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

aetna sleep study coverage: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

aetna sleep study coverage: Temporomandibular Disorders National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Board on Health Sciences Policy, Committee on Temporomandibular Disorders (TMDs): From

Research Discoveries to Clinical Treatment, 2020-07-01 Temporomandibular disorders (TMDs), are a set of more than 30 health disorders associated with both the temporomandibular joints and the muscles and tissues of the jaw. TMDs have a range of causes and often co-occur with a number of overlapping medical conditions, including headaches, fibromyalgia, back pain and irritable bowel syndrome. TMDs can be transient or long-lasting and may be associated with problems that range from an occasional click of the jaw to severe chronic pain involving the entire orofacial region. Everyday activities, including eating and talking, are often difficult for people with TMDs, and many of them suffer with severe chronic pain due to this condition. Common social activities that most people take for granted, such as smiling, laughing, and kissing, can become unbearable. This dysfunction and pain, and its associated suffering, take a terrible toll on affected individuals, their families, and their friends. Individuals with TMDs often feel stigmatized and invalidated in their experiences by their family, friends, and, often, the health care community. Misjudgments and a failure to understand the nature and depths of TMDs can have severe consequences - more pain and more suffering - for individuals, their families and our society. Temporomandibular Disorders: Priorities for Research and Care calls on a number of stakeholders - across medicine, dentistry, and other fields - to improve the health and well-being of individuals with a TMD. This report addresses the current state of knowledge regarding TMD research, education and training, safety and efficacy of clinical treatments of TMDs, and burden and costs associated with TMDs. The recommendations of Temporomandibular Disorders focus on the actions that many organizations and agencies should take to improve TMD research and care and improve the overall health and well-being of individuals with a TMD.

aetna sleep study coverage: Which Country Has the World's Best Health Care? Ezekiel J. Emanuel, 2020-06-16 The preeminent doctor and bioethicist Ezekiel Emanuel is repeatedly asked one question: Which country has the best healthcare? He set off to find an answer. The US spends more than any other nation, nearly \$4 trillion, on healthcare. Yet, for all that expense, the US is not ranked #1 -- not even close. In Which Country Has the World's Best Healthcare? Ezekiel Emanuel profiles eleven of the world's healthcare systems in pursuit of the best or at least where excellence can be found. Using a unique comparative structure, the book allows healthcare professionals, patients, and policymakers alike to know which systems perform well, and why, and which face endemic problems. From Taiwan to Germany, Australia to Switzerland, the most inventive healthcare providers tackle a global set of challenges -- in pursuit of the best healthcare in the world.

aetna sleep study coverage: Sleep Apnea and Snoring Michael Friedman, MD, 2008-10-30 Finally, a multi-disciplinary approach that covers both the surgical and non-surgical interventions for sleep apnea and snoring. From the editor of Operative Techniques in Otolaryngology, this new reference will quickly become the standard in surgery for this key area within otolaryngology. ., Full-color line drawings illustrate key concepts and create a comprehensive way of learning surgical techniques. Provides consistent, templated chapters and a contemporary, full-color format for quick, easy access to the most up-to-date surgical and non surgical interventions for sleep apnea and snoring. Includes contributions from leaders in neurology, pulmonology, psychiatry, otolaryngology, and oral & maxillofacial surgery. to create a truly multi-disciplinary approach. Covers new and innovative procedures including ZPP (Zeta palatopharyngoplasty), Transpalatal Advancement Pharyngoplasty and Minimally invasive submucosal glossectomy Details when and why surgery is necessary, and how to perform a successful operation for snoring and sleep apnea.

aetna sleep study coverage: Homocysteine and Vascular Disease K. Robinson, 2000-04-30 This state-of-the-art review provides an in-depth and critical summary of homocysteine from its molecular basis to clinical relevance and current clinical trials of folic acid and vitamin B6. Written by leading workers in the field, the book provides an authoritative, comprehensive and thoroughly up-to-date overview for scientists and clinicians and any others engaged in the field. It will also be useful to anyone involved in managing vascular patients or cardiac risk factors, as well as biochemists, pharmacologists, general physicians, cardiologists and clinical and basic researchers with an

interest in preventive medicine.

aetna sleep study coverage: Myeloproliferative Neoplasms Tiziano Barbui, Ayalew Tefferi, 2012-02-03 This book focuses on three of the main categories of myeloproliferative neoplasm: polycythemia vera, essential thrombocythemia, and primary myelofibrosis. Relevant laboratory and clinical advances are comprehensively covered, and great emphasis is placed on the practical issues that challenge physicians in their daily practice. The main topics considered thus include contemporary diagnostic approaches, the value and limitations of mutation screening for diagnostic and prognostic purposes, risk stratification in terms of both survival and other disease complications such as leukemic transformation and thrombosis, and modern therapeutic strategies, including conventional drugs, allogeneic stem cell transplantation, and experimental drugs still under study. The reader will find Critical Concepts and Management Recommendations in Myeloproliferative Neoplasms to be an invaluable and up-to-date source of information from leading authorities in the field.

aetna sleep study coverage: Neurolaryngology Christian Sittel, Orlando Guntinas-Lichius, 2017-10-30 This book, endorsed by the European Laryngological Society, is a comprehensive guide to key topics in neurolaryngology, which enables readers to quickly identify and implement solutions in concrete situations likely to arise in everyday clinical practice. It includes detailed information on conditions such as vocal cord paresis/paralysis, laryngeal dystonia, and upper motor neuron disorders and offers clear advice on imaging and assessment, highlighting the role and performance of electromyography. Treatment options are extensively described, and there are individual chapters on functional therapy, botulinum toxin injection, the full range of phonosurgery options (including transoral endoscopic techniques, office-based phonosurgery, framework surgery, and laryngeal reinnervation), and laryngeal transplantation. With numerous accompanying videos, the book is a valuable resource for otorhinolaryngologists, speech pathologists and neurologists.

aetna sleep study coverage: An Outline of Law and Procedure in Representation Cases United States. National Labor Relations Board. Office of the General Counsel, 1995

aetna sleep study coverage: Pediatric Hepatology and Liver Transplantation Lorenzo D'Antiga, 2019-04-29 This book is the first to provide balanced examination of both pediatric liver disease and liver transplantation – two topics that are inherently related, given that most chronic liver disorders eventually require organ replacement. The different forms of liver disease encountered in the pediatric age group are first discussed in a series of disease-specific chapters that have a reader-friendly, uniform structure covering pathophysiology, diagnostic and treatment algorithms, clinical cases, and transition to adult care. Key topics in the field of liver transplantation are then addressed. Examples include indications and contraindications, surgical techniques and complications, immunosuppression, in pediatric liver transplantation, acute and chronic rejection and allograft dysfunction, and CMV and EBV infection in transplant recipients, long-term graft injury and tolerance. A section on pediatric hepatology across the world includes chapters presenting the features and management of pediatric liver disease in South-America, Africa and Asia. A closing section considers what the future holds for pediatric liver disease and its management, including novel genetic testing, cell therapy and gene therapy. Pediatric Hepatology and Liver Transplantation will be of value for a range of practitioners, from residents making their first approach to pediatric liver disease through to specialists working in transplantation centers.

aetna sleep study coverage: Mission-Driven Leadership Mark Bertolini, 2019-03-19 In Mission-Driven Leadership, Mark Bertolini, the long-time chairman and CEO of Aetna, the Fortune 500 health insurance company, reveals that genuine leadership is not about dollars and market share but about improving lives and communities. Mark Bertolini didn't get to the corner office through traditional means. He grew up in a blue-collar neighborhood in Detroit. Early in his career, he was known for his bare-knuckled leadership and hard driving competitiveness that helped him to turnaround several companies. But his ambition came at a cost as he ran roughshod over his colleagues and employees, and spent time away from his family. Two events served as wakeup calls for the hard-charging Bertolini. First his son Eric was diagnosed with incurable cancer, and Bertolini

found himself confronting the healthcare industry firsthand, not as an executive, but as the parent of a deathly ill child, determined to save his son's life. And miraculously, after a year in the hospital, often at death's door--Eric was twice given last rites--his son recovered. The second wakeup call was a skiing accident several years later in which Bertolini broke his neck. As his life unraveled in the face of years of chronic pain, therapy, and medication, he realized he had to reinvent himself, emotionally, spiritually, and as a leader--or go under. Mission-Driven Leadership speaks to the lessons Bertolini learned about empathy, about helping employees and Aetna's customers take better care of themselves and each other, about the need to find the divine in me, and the importance of getting out to meet with employees and customers face-to-face in town halls to truly discover their needs and better serve them.

aetna sleep study coverage: Foundations of Psychiatric Sleep Medicine John W. Winkelman, David T. Plante, 2010-12-23 Sleep-related complaints are extremely common across the spectrum of psychiatric illness. Accurate diagnosis and management of sleep disturbances requires an understanding of the neurobiological mechanisms underlying sleep and wakefulness, the characteristics of sleep disturbance inherent to psychiatric illness and primary sleep disorders, as well as the psychopharmacologic and behavioral treatments available. Foundations of Psychiatric Sleep Medicine provides a uniquely accessible, practical, and expert summary of current clinical concepts at the sleep-psychiatry interface. Topics covered include: basic principles in sleep science, clinical sleep history taking, primary sleep disorders in psychiatric contexts, and sleep disturbance across a range of mood, anxiety, psychotic, substance use, cognitive and developmental disorders. Written by outstanding experts in the field of sleep medicine and psychiatry, this academically rigorous and clinically useful text is an essential resource for psychiatrists, psychologists and other health professionals interested in the relationship between sleep and mental illness.

aetna sleep study coverage: TMD and Orthodontics Sanjivan Kandasamy, Charles S. Greene, Donald J. Rinchuse, John W. Stockstill, 2015-08-18 This evidence-based book, featuring contributions from world-renowned experts, discusses in detail the functional anatomy of the temporomandibular joint as well as the aetiology, diagnosis, treatment and medicolegal implications of patients with temporomandibular disorders (TMD). Despite advances in our understanding of the aetiology of TMD and in developing current treatment rationales, a number of issues remain controversial. These include the extent to which the temporomandibular joint should be a central focus of orthodontic diagnosis and treatment, as well as the role that occlusion and malocclusion play in precipitating TMD symptoms. Indeed, few subjects in dentistry and the specialty of orthodontics are open to as many interpretations or misinterpretations as TMD. This textbook provides clinical orthodontists with essential information and guidance that will assist them in understanding and effectively managing this complex multilayered problem. Throughout, clear clinical guidelines are presented on the basis of current scientific and clinical evidence. TMD and Orthodontics will be a highly valuable chairside resource for orthodontists everywhere.

aetna sleep study coverage: Home Blood Pressure Monitoring George S. Stergiou, Gianfranco Parati, Giuseppe Mancia, 2019-10-31 Hypertension remains a leading cause of disability and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies. Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.

aetna sleep study coverage: Pulmonary and Critical Care Medicine , 1996 Update 2 in vol. 3 binder of Pulmonary and Critical Medicine by Bone.

aetna sleep study coverage: ICD-10-CM Official Guidelines for Coding and Reporting -

FY 2021 (October 1, 2020 - September 30, 2021) Department Of Health And Human Services, 2020-09-06 These guidelines have been approved by the four organizations that make up the Cooperating Parties for the ICD-10-CM: the American Hospital Association (AHA), the American Health Information Management Association (AHIMA), CMS, and NCHS. These guidelines are a set of rules that have been developed to accompany and complement the official conventions and instructions provided within the ICD-10-CM itself. The instructions and conventions of the classification take precedence over guidelines. These guidelines are based on the coding and sequencing instructions in the Tabular List and Alphabetic Index of ICD-10-CM, but provide additional instruction. Adherence to these guidelines when assigning ICD-10-CM diagnosis codes is required under the Health Insurance Portability and Accountability Act (HIPAA). The diagnosis codes (Tabular List and Alphabetic Index) have been adopted under HIPAA for all healthcare settings. A joint effort between the healthcare provider and the coder is essential to achieve complete and accurate documentation, code assignment, and reporting of diagnoses and procedures. These guidelines have been developed to assist both the healthcare provider and the coder in identifying those diagnoses that are to be reported. The importance of consistent, complete documentation in the medical record cannot be overemphasized. Without such documentation accurate coding cannot be achieved. The entire record should be reviewed to determine the specific reason for the encounter and the conditions treated.

aetna sleep study coverage: Is it You, Me, Or Adult A.D.D.? Gina Pera, 2008 Everyone involved with AD/HD will find the information in this book invaluable, especially people with AD/HD and couples therapists, who often mistake AD/HD for communication problems or personality differences. Meticulously researched and presented with empathy and humor, *_Is It You, Me, or Adult A.D.D.?* offers the latest information from top experts, who explain the science and proven protocols for reducing AD/HD's most challenging symptoms. Real-life details come from the partners themselves, who share their stories with touching candor yet plenty of humor.

aetna sleep study coverage: Study Guide and Procedure Checklist Manual for Kinn's The Medical Assistant - E-Book Deborah B. Proctor, 2016-05-26 Get more practice with the essential medical assisting job skills! Designed to support Kinn's *The Medical Assistant: An Applied Learning Approach*, 13th Edition, Kinn's *The Medical Assistant - Study Guide and Procedure Checklist Manual Package: An Applied Learning Approach*, 13th Edition offers a wide range of exercises to reinforce your understanding of common administrative and clinical skills — including CAAHEP and ABHES competencies. A variety of exercises test your knowledge and critical thinking skills with vocabulary review, multiple choice, fill in the blank, and true/false questions. Additional exercises enhance learning with skills and concepts, word puzzles, case studies, workplace applications, and Internet activities. Procedure checklists help you track your performance of every procedure included in the textbook. Work products allow you to provide documentation to instructors and to accrediting organizations when a competency has been mastered. Cross-references tie together exercises in the study guide to the Connections theme in the main text. NEW! 15 procedure checklists based on CAAHEP competencies provide an assessment tool for MA procedures. NEW! Glucometer test results and Mantoux test records allow you to assess how well you're able to perform these procedures. NEW! Coverage of ICD-10 prepares you to use this new code set. NEW! SimChart for the Medical Office Connection ties EHR cases to appropriate chapters.

aetna sleep study coverage: Observational Gait Analysis Rancho Los Amigos National Rehabilitation Center, 2001-01-01 Observational Gait Analysis is written to assist physical therapists and physicians to effectively evaluate pathological gait. It presents a method of gait analysis which can easily be applied in the clinic. The first edition, *Normal and Pathological Gait Syllabus*, was published in 1981. In 1989 the *Observational Gait Analysis Handbook* was published. The third edition contains changes in the normal joint ranges of motion as a result of more sophisticated and accurate equipment. Muscle activity has been revised to reflect data from a larger sample size. The phases and functional tasks are defined, and a problem solving approach to observational gait analysis is presented.

aetna sleep study coverage: Attention-Deficit/Hyperactivity Disorder in Children and Adolescents Brian P. Daly, Aimee K. Hildenbrand, Shannon G. Litke, Ronald T. Brown, 2023-12-11 State-of-the-art guidance on the effective assessment and treatment of children and adolescents with ADHD New updated edition Provides guidance on multimodal care and diversity issues Includes downloadable handouts This updated new edition of this popular text integrates the latest research and practices to give practitioners concise and readable guidance on the assessment and effective treatment of children and adolescents with attention-deficit/hyperactivity disorder (ADHD). This common childhood condition can have serious consequences for academic, emotional, social, and occupational functioning. When properly identified and diagnosed, however, there are many interventions that have established benefits. This volume is both a compact how to reference, for use by professionals in their daily work, and an ideal educational reference for students. It has a similar structure to other books in the Advances in Psychotherapy series, and informs the reader of all aspects involved in the assessment and management of ADHD. Practitioners will particularly appreciate new information on the best approaches to the ideal sequencing of treatments in multimodal care, and the important diversity considerations. Suggestions for further reading, support groups, and educational organizations are also provided. A companion volume Attention-Deficit/Hyperactivity Disorder (ADHD) in Adults is also available.

aetna sleep study coverage: *Integrative Sleep Medicine* Valerie Cacho, Esther Lum, 2021 Sleep has been found to affect nearly all aspects of health, both individual and societal. Despite this, it has long been neglected in the medical literature until relatively recent times. Different perspectives of sleep are discussed, including historical views of sleep and alternative sleep patterns. The development of sleep as a medical specialty is described as are limitations to the conventional medical approach to sleep. The foundations of a truly integrative approach to sleep are enumerated--

aetna sleep study coverage: **Accounting for Health and Health Care** National Research Council, Division of Behavioral and Social Sciences and Education, Committee on National Statistics, Panel to Advance a Research Program on the Design of National Health Accounts, 2011-01-05 It has become trite to observe that increases in health care costs have become unsustainable. How best for policy to address these increases, however, depends in part on the degree to which they represent increases in the real quantity of medical services as opposed to increased unit prices of existing services. And an even more fundamental question is the degree to which the increased spending actually has purchased improved health. Accounting for Health and Health Care addresses both these issues. The government agencies responsible for measuring unit prices for medical services have taken steps in recent years that have greatly improved the accuracy of those measures. Nonetheless, this book has several recommendations aimed at further improving the price indices.

aetna sleep study coverage: **Free for All?** Joseph P. Newhouse, Rand Corporation. Insurance Experiment Group, 1993 In the most important health insurance study ever conducted researchers at the RAND Corporation devised all experiment to address two key questions in health care financing: how much more medical care will people use if it is provided free of charge, and what are the consequences for their health? For three- or five-year periods the experiment measured both use and health outcomes in populations carefully selected to be representative of both urban and rural regions throughout the United States. Participants were enrolled in a range of insurance plans requiring different levels of copayment for medical care, from zero to 95 percent. The researchers found that in plans that reimbursed a higher proportion of the bill, patients used substantially more services - indeed, those who paid nothing used 40 percent more services than those required to pay a high deductible - but the effect on the health of the average person was negligible. In addition, participants who were assigned at random to a well-established health maintenance organization used hospitals substantially less than those in the fee-for-service system, again with no measurable effect on the health of the average person. This book collects in one place for the first time results previously dispersed through many journals over many years. Drawing comprehensive, coherent conclusions from an immense amount of data, it is destined to be a classic work serving as an

invaluable reference for all those concerned with health care policy - health service researchers, policymakers in both the public and the private sectors, and students.

aetna sleep study coverage: *Adult Hydrocephalus* Daniele Rigamonti, 2014-02-06 Provides guidelines for managing this grossly underdiagnosed and undertreated condition, focusing on early detection and timely, effective interventions.

aetna sleep study coverage: The Childhood Autism Rating Scale (CARS) Eric Schopler, Robert Jay Reichler, Barbara Rothen Renner, 1986

aetna sleep study coverage: Pneumopedics And Craniofacial Epigenetics: Biomimetic Oral Appliance Therapy For Pediatric And Adult Sleep Disordered Breathing G Dave Singh, 2021-03-05 This textbook provides a comprehensive introduction to the novel concepts of pneumopedics and craniofacial epigenetics. Clinically, these mechanisms are delivered through biomimetic oral appliance therapy. The text, therefore, covers both genetics and epigenetics of craniofacial development, as well as growth and development of the craniofacial architecture. Despite being complex subjects, the style of writing allows the general reader to assimilate this information and sets the scene for how these principles might best be utilized. For example, the clinical application of biomimetic tooth movement achieved through epigenetic orthodontics is presented. Prior to pneumopedic treatment, the significance of craniofacial diagnostics and treatment planning is discussed, before detailing the principles of designing a biomimetic oral appliance. Next, the book goes over the practicalities of clinical adjustments of oral biomimetic devices. Moving onto patient selection and management, the book also provides an overview and introduction to pediatric craniofacial epigenetics, which touches upon the preventive aspects of healthcare, including nutrition. This section is followed by an introduction to sleep and sleep disordered breathing in both children and adults, which includes a comprehensive approach to the potential elimination of obstructive sleep apnea. Finally, clinical biomimetic correction is illustrated with examples of non-surgical upper airway remodeling using various cases. The book also contains a Glossary containing definitions of common terms as well as an Appendix of documents that might be useful for both implementation and further study.

aetna sleep study coverage: Provision of Mental Health Counseling Services Under TRICARE Institute of Medicine, Board on the Health of Select Populations, Committee on the Qualifications of Professionals Providing Mental Health Counseling Services Under TRICARE, 2010-06-23 In this book, the IOM makes recommendations for permitting independent practice for mental health counselors treating patients within TRICARE-the DOD's health care benefits program. This would change current policy, which requires all counselors to practice under a physician's supervision without regard to their education, training, licensure or experience.

aetna sleep study coverage: Orthodontic Management of Agenesis and Other Complexities Michael Arvystas, 2003-05 Extracted from Burgener and Kormanos Differential Diagnosis in Conventional Radiology, focuses on the radiographic diagnosis of gastrointestinal diseases.

aetna sleep study coverage: *Childhood Obesity* Denise E. Wilfley, John R. Best, Jodi Cahill Holland, Dorothy J. Van Buren, 2019 Clear, up-to-date guidance for professionals working with children with obesity. One in every six children, and more in some ethnic groups, are obese, which can lead to serious health problems in adulthood. Successful treatment of young patients is complex, requiring time-intensive, evidence-based care delivered by a multidisciplinary team. Help is at hand with this well written, compact book by leading experts, which gives health professionals a clear overview of the current scientific knowledge on childhood obesity, from causality models and diagnosis to prevention and treatment. In particular, the authors outline a family-based treatment method which is best supported by the evidence and meets the recommendations of the American Academy of Pediatrics and other organizations. The appendix provides the clinician with hands-on tools: a session plan, a pretreatment assessment form, self-monitoring forms, and a meal planning and physical activity worksheet. This book is essential reading for anyone who works with children and their families, equipping them to guide patients to appropriate and effective treatment.

aetna sleep study coverage: The Mystery of Sleep Meir Kryger, 2017-03-21 An authoritative

and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night's sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed resource for insomniacs; for those who snore, can't stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, *The Mystery of Sleep* is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

aetna sleep study coverage: Orthopedic Gnathology Richard M. Adams, 1983

aetna sleep study coverage: Study Guide for Kinn's The Administrative Medical Assistant - E-Book Deborah B. Proctor, Brigitte Niedzwiecki, Julie Pepper, Payel Madero, 2016-06-15 Get more practice with the essential medical assisting job skills! Designed to support Kinn's *The Administrative Medical Assistant: An Applied Learning Approach*, 13th Edition, Kinn's *The Administrative Medical Assistant - Study Guide and Procedure Checklist Manual Package: An Applied Learning Approach*, 13th Edition offers a wide range of exercises to reinforce your understanding of common administrative skills — including CAAHEP and ABHES competencies. A variety of exercises test your knowledge and critical thinking skills with vocabulary review, multiple choice, fill in the blank, and true/false questions. Additional exercises enhance learning with skills and concepts, word puzzles, case studies, workplace applications, and Internet activities. Procedure checklists help you track your performance of every procedure included in the textbook. Work products allow you to provide documentation to instructors and to accrediting organizations when a competency has been mastered. Cross-references tie together exercises in the study guide to the Connections theme in the main text. NEW! Eight procedure checklists based on CAAHEP competencies provide an assessment tool for MA procedures. NEW! Glucometer test results and Mantoux test records allow you to assess how well you're able to perform these procedures. NEW! Coverage of ICD-10 prepares you to use this new code set. NEW! SimChart for the Medical Office Connection ties EHR cases to appropriate chapters.

aetna sleep study coverage: Treating Tobacco Use and Dependence Michael Fiore, 2000 This guideline is an updated version of the 1996 Smoking Cessation Clinical Practice Guideline No. 18.--P. ii.

aetna sleep study coverage: Guide for Adult Immunization , 1990 A guide which acts as a reference for those concerned with the immunization needs of adults and adolescents. There is an expanded section on travel, a revised chapter on immunocompromised adults and updated material on the efficacy of influenza and hepatitis B vaccines.

aetna sleep study coverage: Headaches and Cranial Neuralgias Pierre Jacques Vinken, George William Bruyn, 1978

aetna sleep study coverage: Ephedra and Ephedrine for Weight Loss and Athletic Performance Enhancement Paul Shekelle, 2003

Additional Resources

Health Insurance Plans | Aetna

Aetna offers health insurance, as well as dental, vision and other plans, to meet the needs of individuals and families, employers, health care providers and insurance agents/brokers. The ...

[Aetna Member, Provider, Employer, & Agent/Broker Login](#)

Login and registration for Aetna members, employers, agents/brokers and providers. Find care, manage benefits, handle claims, get quotes, find forms and more. You can also get your ...

Member Website: Secure Account Registration & Login | Aetna

New users can register to access and existing members can log in to Aetna's secure member website to manage their health benefits. Track your claims, view your member ID card, refill ...

Member log in and registration | Aetna Medicare

May 29, 2025 · Log in or register to your Aetna Medicare secure member account. Here you can print a new ID card, look up providers and hospitals, view claims and more.

Contact Aetna

Find the information you need to contact Aetna, including phone numbers, address, social networks, as well as customized options for members, employers, health care providers, and ...

[Individual & Family Insurance Plans - Aetna](#)

Learn about Aetna's individual and family insurance plans, including Medicare plans, employee insurance plans, and information about health insurance exchanges.

Loading

Log in to manage your Aetna account, view claims, and access health benefits online.

About Us & Company Information | Aetna

Learn more about Aetna and its long history, explore our corporate profile and health care initiatives, get information about our plans, search career opportunities, and more.

Aetna

CVS and Aetna® are part of the CVS Health® family of companies. Dental and vision insurance plans are offered, insured and/or administered by Aetna Life Insurance Company (Aetna) 151 ...

[Welcome to Aetna Medicare | Aetna Medicare](#)

Jun 6, 2025 · Explore Aetna Medicare plans and options for your health goals and needs. See what benefits are available and find resources to help you along your journey.

Health Insurance Plans | Aetna

Aetna offers health insurance, as well as dental, vision and other plans, to meet the needs of individuals and families, employers, health care providers and insurance agents/brokers. The ...

Aetna Member, Provider, Employer, & Agent/Broker Login

Login and registration for Aetna members, employers, agents/brokers and providers. Find care, manage benefits, handle claims, get quotes, find forms and more. You can also get your ...

[Member Website: Secure Account Registration & Login | Aetna](#)

New users can register to access and existing members can log in to Aetna's secure member website to manage their health benefits. Track your claims, view your member ID card, refill ...

Member log in and registration | Aetna Medicare

May 29, 2025 · Log in or register to your Aetna Medicare secure member account. Here you can print a new ID card, look up providers and hospitals, view claims and more.

Contact Aetna

Find the information you need to contact Aetna, including phone numbers, address, social networks, as well as customized options for members, employers, health care providers, and insurance ...

Individual & Family Insurance Plans - Aetna

Learn about Aetna's individual and family insurance plans, including Medicare plans, employee insurance plans, and information about health insurance exchanges.

Loading

Log in to manage your Aetna account, view claims, and access health benefits online.

About Us & Company Information | Aetna

Learn more about Aetna and its long history, explore our corporate profile and health care initiatives, get information about our plans, search career opportunities, and more.

Aetna

CVS and Aetna® are part of the CVS Health® family of companies. Dental and vision insurance plans are offered, insured and/or administered by Aetna Life Insurance Company (Aetna) 151 ...

Welcome to Aetna Medicare | Aetna Medicare

Jun 6, 2025 · Explore Aetna Medicare plans and options for your health goals and needs. See what benefits are available and find resources to help you along your journey.

[Aetna Sleep Study Coverage](#)

Aetna Sleep Study Coverage

Related Articles

- [affiliate marketing startup costs](#)
- [affiliate marketing paid ads](#)
- [african american business leaders](#)

[Back to Home](#)