Eastern Iowa Sleep Center
May is Better Sleep Month

Mother’s Day, spring flowers, graduations and summer is on the way. We start to pay attention to nutrition, exercise but most tend to forget about the importance of sleep in maintaining wellness.

Getting 6-8 hours of sleep can contribute to improved physical and mental health. Learn more at www.eiSleep.com.

The Provider’s Corner

National Transportation Safety Board Chairman, Deborah Hersman says the NTSB is “the conscience and compass of the transportation industry”.

Hersman was also the keynote speaker at the March 2013 National Sleep Foundation’s Sleep Health & Safety 2013 Conference. NTSB has called for improved screening and treatment of sleep disorders such as obstructive sleep apnea, and for better in-vehicle technologies that could predict when operator performance will be degraded by fatigue and provide appropriate warnings. Per NTSB, we lose 30,000 people per year on our nation’s highways and some are attributed to drowsy driving.

Lack of recuperative sleep affects decision-making, judgment, memory and reaction time. When you don’t get enough sleep, you are far more likely to have uncontrollable cognitive lapses or microsleeps. Tragically, in a safety critical environment like operating a train, ship, airplane, or highway vehicle, these few seconds can mean the difference between life and death. Ask your patients about their profession to see if they are at risk.

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EISC Core Values

To our patients, their families, and partners, we are committed to uphold the following values:

- Service that is unparalleled
- Listening and creating individualized treatment
- Excellence in quality, professional care
- Efficient and welcoming, with easy access
- Patient-centered, innovative & compassionate care

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eiSleep.com

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Insurances requesting pre-authorization are multiplying. What a headache!

We at EISC understand the pre-auth frustration. Our September 2012 SleepSmartz issue announced effective November 1, 2012 United Healthcare (UHC) would no longer need pre-authorization for Home Sleep Studies but would need them for IN-LAB studies. In-Lab pre-authorization can be obtained at UnitedHealthcareOnline.com/Notifications/Prior Authorization tab and you will need a login & password OR by faxing request to 866-756-9733.

United Healthcare is also the insurance behind these listed below which also require pre-authorization. Not sure? Check the back of the card for www.myuhc.com.

- UHC River Valley
- Medicare Secure Horizons
- AARP Medicare Complete
- Heritage Select
- John Deere
- Choice Plus
- Sierra Health

Other insurances now needing pre-authorization are:

- AETNA
- COVENTRY
- Health Alliance
- BCBS Anthem (depending on State)
- UMR
- Humana
  - Choice Plus
  - Choice
- Midland’s Choice
  - Federated
  - AETNA
  - Cigna
  - Auxiant

All insurances are requiring a bit of investigation to be sure. Special Note: some insurances will only give a pre-auth for 95810 which means we cannot Split Study the patient. Please try to obtain both 95810 & 95811 should the patient meet requirements for a Split Study. To ensure the patient is authorized please provide EISC with:

- CPT code(s) that are pre-approved
- Reference #
- Name of person you spoke to, date, time and direct #

What’s New: NK Version 9
Nihon Kohden America and EISC are proud to announce an upgrade to the new Polysmith Version 9 sleep software. Version 9 has been designed to address the needs of the multifaceted sleep lab by providing new tools for diagnosis, lab management and efficiency. New diagnostic tools will help reduce the time associated with staging sleep. Data is now integrated into reports and the database to better track and manage patients with complex sleep apnea.

What’s Coming: EISC Brochure
EISC is designing a comprehensive brochure that will encompass education, specialty information and patient access.

Currently the Sleep Study brochure is used within many offices but is designed for patients scheduling a sleep test. The EISC brochure will serve as an introduction to EISC services to educate patients on general sleep information. Questions? Visit eiSleep.com/Contact

Access: Outreach
Regional Medical Center in Manchester continues to grow. RMC has added another night per week for sleep studies. Also May 28th Dr. Struthers will be providing RMC physician staff with a Lunch & Learn regarding sleep processes for overall improved patient education. To locate a RMC referral form go to eiSleep.com/Forms