



980 Jolly Road, U12W
Blue Bell, PA 19422

James D. Cross, M.D.
National Medical Policy and Operations

February 1, 2012

Dear Health Care Professional:

Reminder: Polysomnography (attended sleep studies) requires preauthorization effective March 1, 2012

As communicated in the December 2011 *Aetna OfficeLink Updates*TM newsletter, preauthorization will be required for polysomnography (PSG) for Aetna members enrolled in our commercial benefits plans, excluding Traditional Choice[®] plans. The following codes will require preauthorization:

- 95805
- 95807
- 95808
- 95810
- 95811

Please note that code 95808 was inadvertently left out of the December 2011 *Aetna OfficeLink Updates* article mentioned above.

Home sleep tests (HSTs) will not require precertification.

MedSolutions, Inc. (MSI) will review sleep study requests for medical appropriateness using American Academy of Sleep Medicine and CMS guidelines. You must obtain authorization for PSG before rendering services in order to receive payment from Aetna.

How to obtain authorization

To request preauthorization, contact MSI:

- By phone at **1-888-693-3211**
- By fax at **1-888-888-693-3210**
- Online at www.medsolutionsonline.com

More about the sleep study management program

This program is designed to ensure appropriate use of HSTs and home-based auto-titrating CPAP (auto PAP) for patients with suspected, high pretest probability obstructive sleep apnea. The treating provider must submit clinical evidence that supports the request for PSG.

Aetna's Clinical Policy Bulletin (#004) states that sleep tests for obstructive sleep apnea should be performed through home sleep testing for clinically appropriate patients, and may be more comfortable and reflective of the patient's typical sleep patterns compared to a PSG. MSI will assist your practice with referrals to Aetna in-network providers who have the ability to perform HSTs.

As part of the program, recommendations will be made as to the most appropriate setting for the study to occur. Recommendations will be based on the patient's clinical needs. Where the patient meets medical appropriateness criteria for an HST, an authorization for the PSG will not be provided, and the ordering clinician will be offered the choice to suspend the request for a PSG in favor of an HST. An authorization number is not required for HST.

You can review our coverage policy at www.aetna.com and MSI's review criteria at www.medsolutionsonline.com.

Selecting an HST provider

- Even though preauthorization is not required for HST, MSI can assist you with referrals to Aetna participating providers who perform HSTs.
- The HST provider is responsible for communicating the results to the ordering physician.
- Where the HST is indicative of obstructive sleep apnea, the contracted HST provider and the ordering physician will be responsible for selecting the DME to provide auto-titrating PAP devices.

A list of HST providers who can perform these services is available at www.aetna.com/docfind/cms/html/National_Home_Sleep_Testing.html.

Call us if you have questions

If you have questions about the changes described above, please call MSI at **1-888-693-3211**. You can also contact your Aetna network representative.

Sincerely,

A handwritten signature in cursive script that reads "James D. Cross".

James D. Cross, M.D.
National Medical Policy and Operations

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