DATE

Joann Schaefer, MD

BlueCross BlueShield Nebraska

1919 Askarben Drive

Omaha, NE 68180

Dear Dr. Schaefer,

Recently the American Academy of Sleep Medicine (AASM) was alerted to the fact that BlueCross BlueShield Nebraska is citing an incorrect guideline as justification for claims denial. An AASM member recently shared a claims denial which indicates: “the American Association of Sleep Technologists support out-of-center sleep testing as an alternative to full attended polysomnography for the diagnosis of obstructive sleep apnea in adult patients who meet eligibility criteria.” We suspect that you may have intended to cite the AASM rather than the AAST in this statement.

The AASM is the only professional society dedicated exclusively to the medical subspeciality of sleep medicine. One of the most significant contributions the AASM makes to the field of sleep medicine is our clinical guidelines. The AAST, on the other hand, is an allied health membership association and does not establish medical standards for the sleep medicine field. To help clarify potential confusion, we have enclosed a copy of the AASM’s Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients. This guideline reflects the AASM’s current position on use of home sleep apnea testing and is considered the standard of care for sleep medicine physicians.

We encourage BlueCross BlueShield of Nebraska to consider all AASM clinical guidelines when developing medical policy in the future. If you have any questions about this issue, please contact AASM Health Policy Manager Michaela Steinbach 630-737-9700 email [msteinbach@aasmnet.org](msteinbach%40aasmnet.org).

Sincerely,

Ronald Chervin, MD

President

Enclosure