

The ABCDs of Inspire Medicare Coverage

Patient Name/ID _____

AHI **15-65**

- Documented central & mixed less than 25% of total

BMI **<35**

CPAP **Failure or Intolerance**

- Failure defined as AHI > 15 despite CPAP usage
- Intolerance defined as <4 hours per night, 5 nights per week or CPAP returned
- Documentation must include evidence of **Shared Decision Making (SDM)** between the implanting physician and patient
- SDM should indicate patient was intolerant of CPAP despite consultation with a sleep expert

DISE report **Certified MD***

- Free of complete palatal concentric collapse
- Medicare may ask for DISE & Implant certifications provided by Inspire
- Contact the reimbursement hotline for details.

Sleep study **<2 yrs old**

- Sleep study must calculate central/mixed apneas to confirm that they make up less than 25% of total AHI
- Must be scored using the 4% desaturation rule (Medicare requirement)
- PSG is performed within 24 months of first Inspire consultation
- Refer to your local MACs sleep study LCD for guidelines on HST which are generally accepted



For Questions or Additional Information:

833-897-0939 or professionals.inspiresleep.com/reimbursement

* Implanting physician must be a board-certified or board-eligible otolaryngologist. Inspire is not for everyone. Talk to your patients about risks, benefits and expectations associated with Inspire. Risks associated with the surgical implant procedure may include infection and temporary tongue weakness. In rare cases tongue paresis and atrophy were observed. Some patients may require post-implant adjustments to the system's settings in order to improve effectiveness and ease any initial discomfort they may experience. Important safety information and product manuals can be found at inspiresleep.com/safety-information/, or call 1-844-OSA-HELP. 800-343-001, Rev B

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Obstructive Sleep Apnea (OSA) Treatment Options

First Line Treatment Options



Lifestyle Changes

Lifestyle changes to improve OSA symptoms include:



Quitting smoking



Losing weight



Not drinking alcohol before bed



Sleeping on your side



CPAP

CPAP uses a mask and hose to blow pressurized air into the airway.



Oral Appliances

Oral appliances reposition the jaw to allow air to pass more freely.

Second Line Treatment Options

Although first line treatment options work well for many, some people cannot use or get consistent benefit from those types of treatments.



Surgery

For the appropriate airway, surgery may be needed to correct air flow by removing blockages.



Inspire

Inspire works inside your body to treat the root cause of sleep apnea with just the click of a button.

Learn more at [InspireSleep.com](https://www.inspiresleep.com)

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800-392-001 Rev A

 **Inspire**
Sleep Apnea Innovation

Obstructive Sleep Apnea (OSA)

OSA occurs when the tongue and other soft tissues in your airway collapse during sleep, blocking the flow of oxygen to your body.

When left untreated, OSA can lead to significantly increased risk of:

Stroke

Accidents

Workplace or
automobile

**Heart
Attack**

Diabetes

**Symptoms
Include:**

- Snoring
- Breathing pauses during sleep
- Excessive daytime sleepiness
- Poor concentration
- Morning headaches
- Depression

Diagnosis



OSA is diagnosed during an overnight sleep study.



The sleep study will determine the severity of your OSA.



Based on the severity of your OSA, the doctor will prescribe a treatment that's right for you.

 **Inspire**

Sleep Apnea Innovation



INSPIRE THERAPY (POSTOPERATIVE TIMELINE)

Step 1: Recovery from Surgery

Congratulations, you have just visited your surgeon for your post-operative visit and are starting your Inspire journey! Your device will remain inactive over the next 3-6 weeks until your activation visit with your sleep physician. This is referred to as your “healing phase”. We want to give your body time to heal before we turn the device on.

We strongly recommend you download the Inspire App if you have not done so. The Inspire application is a substitute for the “books” mentioned in these videos. Please review the following videos as they will help you feel prepared and confident for you activation visit:

- 1) If you have not done so, type “Inspire Sleep” to your app store & download the application
- 2) Once setup, click on the RESOURCES tab.
- 3) We need you to watch several videos prior to your activation visit:
 - **Inspire Care: 1) Rest and Heal 2) Tuning Inspire**
 - **Inspire Care: 3) Learning your sleep remote (WATCH SEVERAL TIMES)**
 - **Common Questions: 4) What does Inspire feel like?**
 - **Inspire Lives: 5) Please watch several of the patient story videos prior to your first visit**

Step 2: Activation Visit

Approximately 4-6 weeks after your procedure, you will attend your sleep physician’s office to get your device activated and receive your sleep remote. Please wear a shirt or blouse that can allow the physician to check all the incisions and access the implant. Your physician will use a programmer to check the device for proper function and turn it on for you to begin using Inspire therapy. The process of activation is NOT painful. At this visit, you will be given your remote control and you will practice what you’ve learned in the “Learning your sleep remote” video . You will return home and begin using your therapy that night with the goal of using it ALL NIGHT, EVERY NIGHT. If you have any issues with discomfort, please call the office so we can help you reach this goal.

Step 3: Check-In

In between your activation visit and your overnight sleep study, you will have a check-in call or visit to your physician’s office to check in on your progress. At this point, you should be using therapy ALL NIGHT, EVERY NIGHT and receiving some positive benefit from your therapy. You will continue to keep stepping up your therapy as long as it’s comfortable and using it all night.

Step 4: Overnight Sleep Study

Roughly 2 months after your activation visit, you will attend an overnight sleep study at the sleep lab. This will help us determine if your therapy is at the appropriate level for you. A couple of weeks after your sleep study, you will return to the office to review your results and make any changes that your provider feels necessary.

PLEASE CALL THE OFFICE AT ANY POINT IF YOU ARE UNCOMFORTABLE OR HAVE QUESTIONS
REGARDING YOUR INSPIRE THERAPY

Inspire Therapy - Frequently Asked Questions

1. I don't feel the stimulation?

Answer: During the tuning phase, you will get used to stimulation. It's very common to not feel stimulation. Try stepping up your level.

2. The stimulation does not synchronize with my breathing?

Answer: This is normal. Stimulation timing is designed to work best while you are asleep. Your breathing pattern is much different while you are awake. When you go to sleep, the sensor will work normally.

3. Can I receive an MRI?

Answer: If you have the model 3028 generator it is MRI Conditional, make sure your doctor goes to the Inspire website for more information on how to perform a safe MRI for you.

4. Can I go to the airport?

Answer: Yes. You may go through metal detectors and scanners. Make sure to show the TSA official your medical device registration card and tell them you have an implantable device in your body. They may require extra screening, so make sure to plan for extra time your first time going to the airport.

5. Can I go scuba diving and mountain climbing?

Answer: You can go to as high in elevation as you want. However, you can only go 100 feet / 30 meters below sea level or 4 atmospheres of pressure.

6. Can I continue welding?

Answer: Inspire does not recommend electrical welding. Consult your patient manual for more details.

7. Can I go to the dentist?

Answer: Yes, of course. Going to the dentist is perfectly fine. Let your dentist know you have an implantable device and the dentist will take any precautions if they are needed.

8. Can I receive X-Rays or CT Scans?

Answer: Yes. X-Ray and CT Scans are completely safe with Inspire. If you are having a mammogram though, make sure to let the technician know where your device is implanted so the technician can make the mammogram as comfortable as possible.

9. Why is stimulation on when I'm awake?

Answer: This is normal. Inspire works by stimulating during every breath. Inspire does not know when you are asleep or awake, so once you turn on Inspire, it will stimulate with each breath. Remember, you are in complete control of your Inspire and can turn Inspire ON or OFF using your Inspire Sleep Remote.

10. Why is stimulation off when I wake up?

Answer: You may have slept longer than the Therapy Duration Setting, which by default is 8 hours. Inspire will turn off automatically after 8 hours. If you are sleeping longer than 8 hours, ask your physician to change the duration setting to a longer time (for example 9 or 10 hours). It is also possible that you are getting used to Inspire and just don't feel the stimulation when you wake up. If your sleep remote is green when you gently shake it, your Inspire is still on. If your Inspire is white, then it is no longer stimulating.



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