

Obstructive Sleep Apnea Screening and Referral Program for MNR Employees
Instruction Sheet

1. You have been screened at Occupational Health Services (OHS) and found to be at risk for Obstructive Sleep Apnea (OSA). You are therefore required to undergo evaluation by a certified sleep specialist.
 - a. You have elected referral to an MTA contracted OSA vendor and have been provided the contact information and location for your selected OSA vendor. The vendor will provide services to include:
 - b. Verification of your insurance coverage, and your co-payment/deductible costs.
 - c. Home Sleep Test (HST) for additional evaluation.
 - d. Referral to a Sleep Specialist physician who will review the results of your completed HST and make recommendations about any additional testing and/or a treatment plan if necessary.
 - e. If diagnosed with OSA, the vendor will provide the recommended durable medical equipment (DME) e.g. CPAP machine, covered by your insurance.

Note: You may also use a sleep specialist referred by your primary care physician, or where available, a sleep specialist program provided under your insurance carrier. If you choose this option, you will be responsible for submitting all required information and documentation to OHS.

2. To facilitate your evaluation, your completed OSA Referral form, HIPAA release form, the OHS medical evaluation findings and questionnaire will be sent to the selected OSA vendor.

Note: If you choose to use a sleep specialist referred by your primary care physician, you will be provided with a copy of the medical evaluation findings and questionnaire to provide to your physician.

3. You must make initial contact with the selected vendor within 48 hours of your OHS evaluation/visit. The vendor will also use the contact information you provided on the Referral Form to contact you and get the process started. It is therefore important for you to provide complete information on the form. If the vendor has not been successful in contacting you, they are required to notify your agency.
4. After you and the vendor make initial contact, the vendor will mail you a HST within 4 days, along with instructions on how to administer the HST. The vendor will be available to answer questions about administering the HST.
5. You must take AND return the HST in the mailer provided within 7 days of receipt. The vendor will assist you in establishing the appropriate date to take the HST (usually the day before a rest day).

6. You will be scheduled to meet with the sleep specialist physician within 14 days after your HST has been received by the vendor and the results reviewed by the physician. Evaluations and treatment will be on your own time.
7. If diagnosed with OSA, you and your sleep specialist physician will discuss the most appropriate treatment, and they will initiate you getting the appropriate DME that is covered by your insurance. If you elect to use equipment not covered by your insurance, you are responsible for those costs.
8. If you are diagnosed with mild OSA (AHI or equivalent between 5.0-15.0) and your sleep physician prescribes treatment OR moderate or severe OSA (AHI or equivalent above 15.0), you will be provided with approximately 90-100 days after OHS referral to demonstrate a minimum of 30 consecutive days of compliance data, to be provided to the OHS Assistant Medical Director either by you or through the selected vendor.
9. You will remain in service with full pay and have up to 90 days from OHS referral to be in compliance and have compliance data available for OHS review if you are diagnosed with mild OSA (AHI or equivalent between 5.0-15.0) and your sleep physician prescribes treatment OR moderate or severe OSA. No compliance reports will be required if you have mild OSA and your sleep physician documents that you do not need any treatment such as CPAP or an oral device.
10. If you choose to have your OSA evaluation done through your private medical doctor, the following will have to be sent to the OHS Assistant Medical Director within 90 days of your referral:
 - *a report from a sleep specialist indicating a diagnosis, if any, and recommended treatment*
 - *the result of the sleep study*
 - *the compliance report if you have been diagnosed with mild OSA (AHI or equivalent between 5.0-15.0) and your sleep physician prescribes treatment OR moderate or severe OSA (AHI or equivalent above 15.0).*
11. You will also be required, 160 days from the date of referral, to provide compliance data for the previous 60 day period.
12. You will thereafter be required to provide 90 days of compliance data quarterly to the Assistant Medical Director of your OHS facility. The data must be submitted by either you or the vendor no later than 2 weeks after quarterly due date.



13. Medical clearance, conditional medical clearance, or denial of medical clearance will be determined by the respective OHS physicians at appropriate times upon review of your compliance data.

Note: All above timelines apply if you choose to use a sleep specialist referred by your PMD.

MNR OSA TESTING REFERRAL FORM

Name

Last: _____ First: _____ M: _____

Home Address: _____ City: _____ State: _____ Zip: _____

DOB: _____ Employee ID#: _____ BSC ID#: _____

Phone Number: _____ Cell Number: _____ Email: _____

Best Time to Call: _____ Alternate Contact: _____

MTA Agency: MNR Craft: _____

Work Hours: _____ Relief Days: _____

Employee Insurance Company: _____ Individual ID #: _____ Group #: _____

Selected Vendor (check one): RESPIRA ___ CHSLI ___ Northwell ___ Private Medical Doctor ___

I certify that I have received the OSA Program Instruction Sheet.

Employee: _____
Print Name

Employee Signature: _____ Date: _____

All pertinent medical documentation will be sent within 48 hours (excluding weekends and holidays).

Northwell Health

MTA Employee Sleep Apnea Screening Program

About this service



Our physicians are experts in efficiently diagnosing and treating sleep apnea for transportation industry workers. As part of Northwell Health, our physicians are board certified in sleep medicine and pulmonary medicine and are recognized leaders and educators in sleep medicine. Our program is committed to providing comprehensive sleep medicine diagnosis and treatment at 14 locations conveniently located across the New York metropolitan area and surrounding counties. This program provides employees with access to a dedicated coordinator who will help to streamline all aspects of your sleep apnea diagnosis and treatment.

"We are here to help with your sleep apnea treatment now and in the future."

Northwell Health Offers One Designated Phone Number to Schedule Home Testing and Office Appointments:

General Phone (888) 366-6977 (NWPP)

Comprehensive Sleep Medicine Testing and Treatment Services

Home Testing

- The MTA Sleep Apnea Screening Program provides convenient At-Home Diagnostic Sleep Testing in the Comfort and Privacy of Your Home

Physician Appointment

- Schedule an Appointment with our Board Certified Physicians Specializing in Sleep Medicine and Pulmonary Medicine
- Consult with our Sleep Medicine Physicians at Convenient Locations

Follow-Up Treatment (if Required)

- Access to the Resources of Northwell Health Sleep Disorders Centers

Sleep apnea is a serious and widespread health condition that affects over 40 million people nationwide. Sleep apnea is characterized by obstructions to breathing in the upper airway that occur during sleep. These obstructions disturb sleep and may cause oxygen levels to decrease. Sleep apnea can cause daytime sleepiness, poor performance and attention lapse during tasks, the inability to stay awake during activities and worsened reaction time which can affect driving and other safety sensitive tasks.

Obstructive sleep apnea is a serious disorder that may affect your ability to function at your best. Northwell Health MTA Employee Sleep Apnea Screening Program is available to help promote wellness and improve your quality of life. We are here to help with your sleep apnea assessment and treatment if needed, now and in the future.

Most Insurance Plans Accepted

Translation Services Available

Handicapped Accessible

Hospital Affiliations

North Shore University Hospital, Long Island Jewish Medical Center, Southside Hospital, Lenox Hill Hospital, Staten Island University Hospital, Northern Westchester Hospital, Phelps Hospital

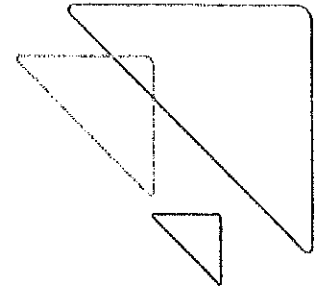
Office locations on reverse side



Northwell Health serves more than two million people annually in 22 hospitals and over 550 outpatient offices. Our 62,000 employees including nearly 2,800 dedicated members of our medical group, Northwell Health Physician Partners in more than 100 specialties - are working together to raise the standard of care. Visit us at Northwell.edu.

Northwell Health

MTA Employee Sleep Apnea Screening Program



FOLLOW-UP APPOINTMENT LOCATIONS:

Manhattan

NHPP Medicine at 76th Street
122 East 76th Street, Suite 1C
New York, NY 10075

Physician

Steven Feinsilver, MD

Nassau County

NHPP Pulmonary, Critical Care
and Sleep Medicine
410 Lakeville Road, Suite 107
New Hyde Park, NY 11040

Physicians/Providers

Adey Tsegaye, MD
Ana Hallinan, PA
Annamaria Iakovou, MD
Harly Greenberg, MD
Preethi Rajan, MD
Stella Hahn, MD

Northwell Health Physician
Partners Pulmonary, Sleep
Medicine and IM @ NHP
3003 New Hyde Park Road,
Suite 303
New Hyde Park, NY 11042

Physician

Seymour Huberfeld, MD

Northwell Health Physician
Partners Pulmonary, Sleep
Medicine and IM @ NHP
43 Crossways Park Drive
Woodbury, NY 11797

Physician

Seymour Huberfeld, MD

Suffolk County

NHPP Pulmonary Medicine at
Bay Shore
39 Brentwood Road, Suite 102
Bay Shore, NY 11706

Physicians

Charles Scott Hall, MD
Dheeraj Khanna, MD
Gary Wohlberg, MD
Laurence Engelberg, MD
Ronald Zielinski, MD

Staten Island

Staten Island Pulmonary
Associates
501 Seaview Avenue
Staten Island, NY 10305

Physicians

Dany Elsayegh, MD
Michele Chaloub, MD
Thomas Kilkenny, DO

Westchester

Northern Westchester Hospital
Sleep Medicine
400 East Main Street, W510
Mt. Kisco, NY 10549

Physician

Praveen Rudraraju, MD

Phelps Memorial Hospital
Center

Steven Thau, MD
777 North Broadway
Sleepy Hollow, NY 10591

Affiliated Physician

Gary Lehrman, MD
160 North State Road
Briarcliff Manor, NY 10510

SLEEP LAB LOCATIONS:

Manhattan

Lenox Hill Hospital Center for
Sleep Medicine
100 East 77th Street
New York, NY 10075

Nassau County

North Shore University Hospital
Sleep Disorder Center
155 Community Drive
Great Neck, NY 11021

Suffolk County

Southside Hospital Sleep Center
301 East Main Street
Bay Shore, NY 11706

Staten Island

Sleep Disorders Centers of
Staten Island
375 Seguine Avenue
Staten Island, NY 10309

Westchester

The Center for Sleep Medicine
at Northern Westchester
Hospital
400 East Main Street, W510
Mt. Kisco, NY 10549

The Phelps Sleep Center –
Phelps Hospital
701 North Broadway
Sleepy Hollow, NY 10591

Practice services on front

How is testing and treatment fulfilled?

- Sleep testing will be shipped and completed in the comfort of your own home
- If diagnosed with OSA, treatment will be supplied in the convenience of your own home, using our partner Respira, Inc.



Equipment:

- Philips Night One testing device
- Lightweight
- 1 night study
- User friendly

Physician Locations

Servicing the following areas:

Manhattan

- Upper East, Upper West, Midtown, Soho, Financial District, Harlem, East Village

Queens

- Astoria, LIC, Forest Hills, Jamaica, Bayside, Corona, Flushing, Douglaston, Maspeth, Rockaway, Rego Park, Ozone Park

Brooklyn

- Williamsburg, Park Slope, Coney Island, Borough Park, Midwood, Flatbush, Bensonhurst, Clinton Hill, Mill Basin

Bronx

- Hunts Point, Castle Hill, Grand Concourse, Bedford Park, Mount Eden, Melrose, Throgs Neck, South Bronx, Morris Heights

Staten Island

- Richmond Hill, Tottenville, Elm Park, Richmond Town, Oakwood, Grant City

Westchester County

- Mt. Vernon, New Rochelle, Yonkers, Scarsdale, White Plains, Tarrytown, Elmsford, Peekskill

Nassau County

- Great Neck, Westbury, Freeport, Oceanside, Syosset, Hicksville, Plainview, Levittown, Hempstead, Garden City, Elmont

Suffolk County

- Amityville, Babylon, Huntington, Deer Park, Commack, Islip, Smithtown, Medford, Bellport, Port Jefferson, Yaphank, Riverhead

Rockland County

- Stony Point, Nanuet, Suffern, Spring Valley, Woodbury, Nyack, Monsey

Pennsylvania

- Easton, Poconos, Philadelphia, King of Prussia, Allentown

Dutchess County

- Poughkeepsie, Beacon, Fishkill, Dover

Putnam County

- Carmel, Brewster, Cold Springs, Kent

New Jersey

- Servicing all 21 counties

Connecticut

Please contact our office for specific locations.



HomeSleep
MEDICAL

Testing Made Easy!

Delivered to your home:
MTA OSA Testing Program



OSA diagnosis:

Today it is easier than ever, and can be done in the comfort of your own home.

Tel: (888) 425-8988

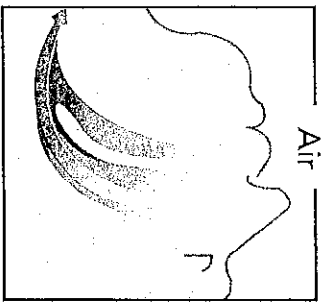
Fax: (855) 967-1112

www.homesleepllc.com



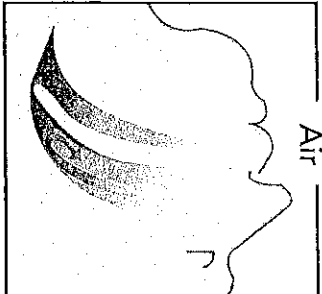
HomeSleep
MEDICAL

Normal airway



Airway is open and air moves through

Obstructed airway



Airway is blocked and air does not move through

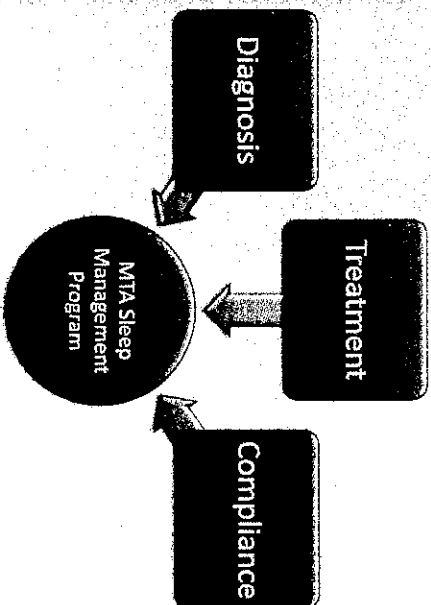
Obstructive Sleep Apnea

Snoring is considered a major indicator of OSA.

Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing during sleep. This results because our muscles relax during sleep and then gravity pulls the airway closed. Momentary suffocation develops producing excessive stress on the body.

OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

MTA OSA Solution



- People with moderate to severe sleep apnea have an up to 15-fold increase of being involved in a traffic accident
- 75% of severe Sleep Disordered Breathing (SDB) cases remain undiagnosed
- 1 in 5 adults has mild OSA
- 1 in 15 has moderate to severe OSA

HomeSleep, LLC who we are:

- Industry leader in sleep medicine diagnostics and treatment
- Accreditations:
 - Medicare Independent Diagnostic Testing Facility
 - The Joint Commission of Healthcare Accreditation
 - American Academy of Sleep Medicine (Stand Alone Home Sleep Apnea Testing) *currently the only facility in the country to hold this accreditation*
- Logistics Experts
- 15+ years of experience in sleep medicine

Tel: (888) 425-8988

Fax: (855) 967-1112

www.homesleepllc.com