



**Respironics has designed a program to offer free OSA diagnosis and therapy equipment to associates and family members who receive their health insurance coverage through the Company. For more information call the RESPONSE Line (Respironics Benefits Call Center) at 866-712-8669.**

**Obstructive Sleep Apnea (OSA)** is a serious breathing disorder that affects men, women and children of all ages and sizes. People who suffer from OSA stop breathing during sleep because their airway collapses and prevents air from getting into the lungs. These pauses in breathing can happen 60 times or more an hour. OSA disrupts healthy sleep, puts a strain on the heart and can lead to a number of serious health conditions including heart disease, high blood pressure and stroke.

The good news is that OSA is highly treatable and Respironics has the tools to help.

RESPIRONICS®  
**RESPONSE LINE**

**Benefits Call Center: 1-866-712-8669**  
**benefits@respironics.com**

Respironics is a registered trademark of Respironics, Inc. and its affiliates.  
 ©2007 Respironics, Inc. and its affiliates. All rights reserved.

Geyer KB 8/21/07 MCI 4101297 PN 1048370

**DO YOU HAVE OBSTRUCTIVE  
 SLEEP APNEA (OSA)?**

**Respironics' Employee Wellness Program Can Help!**

**RESPONSE LINE**  
 1-866-712-8669 • [benefits@respironics.com](mailto:benefits@respironics.com)

You could be at risk for OSA if you suffer from one or more of the following symptoms:

- Excessive daytime sleepiness**
- Loud or disruptive snoring**
- Gasping or choking during sleep**
- Grogginess and morning headaches**
- Frequent urination at night**
- Depression and irritability**
- Obesity**
- Large neck, small jaw or crowding in the upper airway**
- Post-menopausal**

*If you checked one or more of these symptoms make an appointment with your doctor to discuss the next steps to improving your health.*



## RESPIRONICS' EMPLOYEE OSA WELLNESS PROGRAM

Your Primary Care Physician (PCP) should be familiar with the symptoms and dangers of OSA and can determine what testing you may need. He or she might refer you to a sleep lab for an overnight study. If you or your family member is covered under a Respironics medical option, this study—or any other testing related to the diagnosis of OSA—will be covered 100% under Respironics' OSA Wellness Program. If you or your covered family member have OSA, you will receive a prescription for sleep therapy equipment. Under Respironics' OSA Wellness Program, you will be entitled to free Continuous Positive Airway Pressure (CPAP) machines and free masks on a scheduled basis.\* Respironics has many products to help treat OSA. Ask your doctor about how Respironics-brand products can help you.

### What to do at a glance:

1. Review the list of OSA symptoms
2. Make an appointment to discuss your symptoms with your PCP
3. Get tested for OSA
4. Get a prescription for sleep therapy equipment as appropriate
5. Request that your doctor specifies Respironics-brand products on the prescription
6. Take your prescription to a pre-approved homecare provider to get the equipment you need for a better night's sleep

**Remember, under Respironics' Employee OSA Wellness Program, you're entitled to free diagnostic testing, free CPAP machines and free masks.\* You also can receive free replacements when medically necessary.**



\*Respironics' OSA Wellness Program is subject to certain limitations. Please contact the Plan Administrator for additional information and restrictions.