

# SLEEP APNEA DENTAL CENTER

## Guidelines for Prescribing Oral Appliances (E0486) for Medicare Patients

To ensure **Government Medicare** coverage for an oral appliance (code **E0486**), please follow these steps:

1. ***In-person Evaluation:*** The patient must have an in-person clinical evaluation to assess for obstructive sleep apnea *before the sleep test*. Please ensure the evaluation aligns with the appropriate ICD-10 codes for sleep apnea. (Commercial non-Medicare plans do not follow this requirement, Telemedicine is appropriate).
2. ***Sleep Test Criteria:*** The patient must undergo a Medicare-covered sleep test:
  - **Medicare coverage follows 4% desaturation rule**
  - **Medicare requires sleep study within one year of oral appliance prescription**
    - *IMPORTANT: commercial insurances do not require the home sleep test within one year (within 3 years is acceptable)*
  - One of the following must be met:
    - **AHI or RDI  $\geq 15$  events/hour** with at least 30 events.
    - **AHI or RDI between 5-14 events/hour** with at least 10 events, plus at least one of these:
      1. Daytime sleepiness, mood issues, or trouble sleeping.
      2. High blood pressure, heart disease, or a history of stroke.
    - **AHI or RDI  $> 30$  events/hour**, and:
      3. The patient cannot tolerate a CPAP, or
      4. A CPAP is contraindicated, based on your evaluation (documentation of these details required).
3. ***Prescription:*** After reviewing the sleep test results, you can order the oral appliance. The prescribing doctor can be different from the one performing the evaluation.
  - Please see sample prescription required
  - NOTE: prescriptions MUST be signed/dated (electronically or hand-signed) by referring provider
4. ***Device Provision:*** A licensed dentist (DDS or DMD) will provide and bill for the device.
  - **IMPORTANT:** DIRECT-TO-CONSUMER COMPANIES ADVERTISING MEDICAL BILLING FOR ORAL APPLIANCES (EX: DAYBREAK) DO NOT UTILIZE LICENSED DENTISTS OR AN IN PERSON COMPREHENSIVE EXAM TO FABRICATE THEIR ORAL APPLIANCES AND DO NOT MEET THE STANDARD OF CARE FOR YOUR PATIENTS OR MEET INSURANCE GUIDELINES.

**Please note that the above guidelines are for Medicare patients only. Thank you for your understanding and cooperation with these changes!**