



SLEEP APNEA ASSESSMENT

HIGH SLEEP APNEA RISK

GOAL: SCHEDULING AN EVALUATION FOR OBSTRUCTIVE SLEEP APNEA



RISK EXPLAINED

People in this category have a STOP-Bang score* of 3 or higher. This score indicates an individual is at high risk for undiagnosed obstructive sleep apnea (OSA).

People in this category should be encouraged to have an OSA evaluation with primary care at their earliest convenience.

*see Other Considerations



EXAMPLE PERSONA

Jose is a 47-year-old male. He works long hours as a lawyer and eats on the go. Jose has obesity (height 5'9" and 225 lbs; BMI=33), and he takes medication to control his blood pressure.

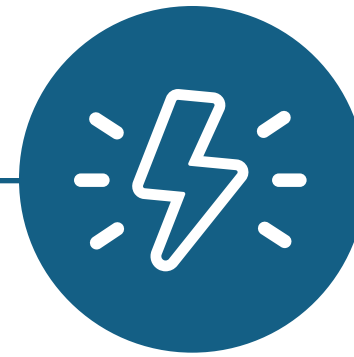
Jose wakes up tired every morning in spite of getting 8 hours of sleep each night. His wife complains of his very loud snoring, and she's reported hearing him stop breathing at times.

Jose knows that the fatigue he's experiencing is affecting his job performance, so he's looking for ways to improve his sleep hygiene practices.



DOES THE USER HAVE A PRIMARY CARE PHYSICIAN?

YES



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

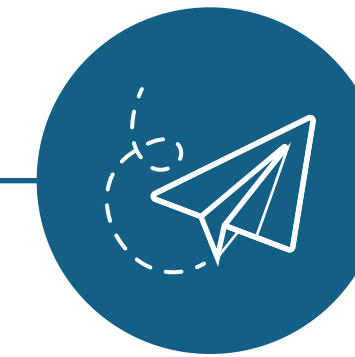
- Appointment scheduling for an OSA evaluation
- Relevant health content



PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

- Review their results report with them and answer any questions they have
- Schedule an appointment for OSA screening
- Discuss potential treatments, as well as their next-steps



FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- Signs & symptoms of possible OSA
- Weight, neck circumference, and other risk factors for developing OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future

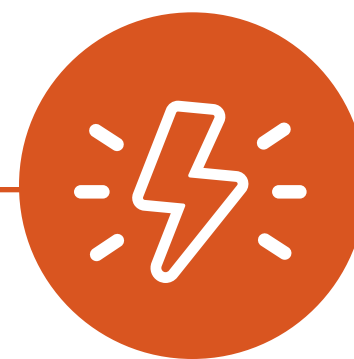


SCREENING & REFERRAL TO SLEEP DISORDER CENTER

- Users in this group should be assessed for OSA in a clinical setting.
- These users will likely benefit from a referral to a sleep disorder center.

NO

GOAL: CREATE A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

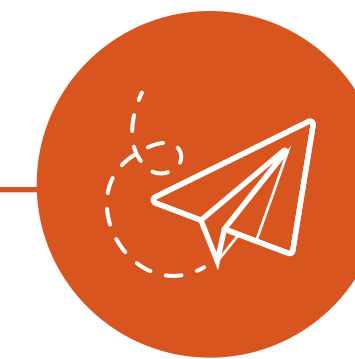
- Finding a doctor.
- Appointment scheduling for an OSA evaluation
- Relevant health content



PHONE CALL FOLLOW UP

Follow up with the user as soon as possible by phone call to:

- Review their results report with them and answer any questions they have
- Establish a primary care physician and schedule an appointment for OSA screening
- Discuss potential treatments, as well as their next-steps



FOLLOW-UP EMAILS

Customize your follow-up email content to focus on:

- Signs & symptoms of possible OSA
- Weight, neck circumference, and other risk factors for developing OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future
- Creating a relationship with primary care



SCREENING & REFERRAL TO SLEEP DISORDER CENTER

- Users in this group should be assessed for OSA in a clinical setting.
- These users will likely benefit from a referral to a sleep disorder center.

OTHER CONSIDERATIONS

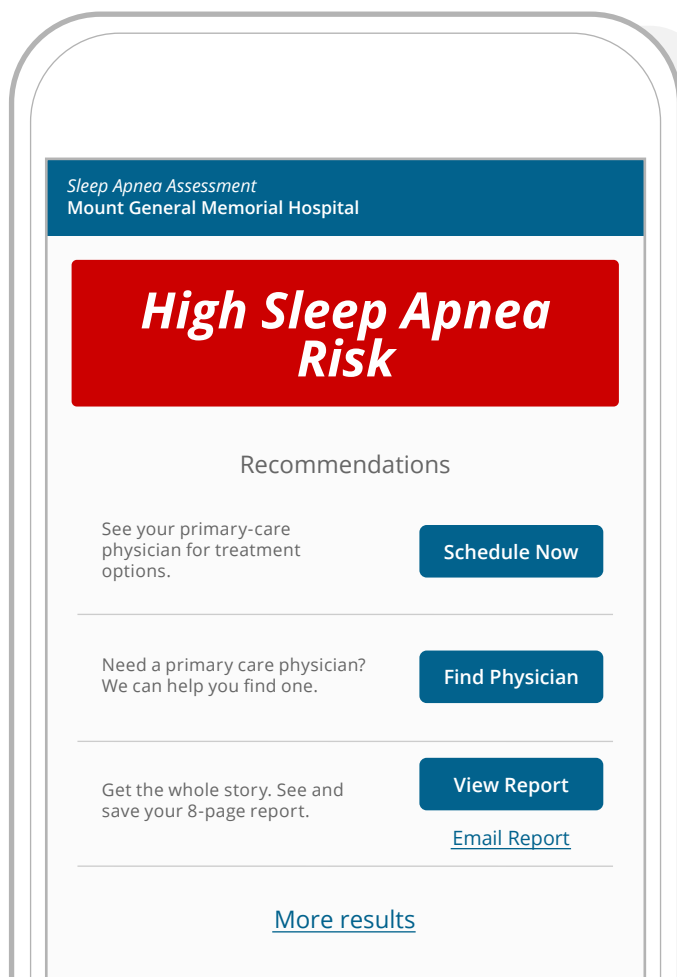
The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for "Yes")
2. Do you snore loudly enough to be heard through closed doors? (+1 point for "Yes")
3. Has anyone observed you stop breathing during your sleep? (+1 point for "Yes")
4. Do you have or are you being treated for high blood pressure? (+1 point for "Yes")
5. Does your neck measure 16 inches or more around? (+1 point for "Yes")
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

In addition to meeting the criteria for an OSA evaluation, these people may have overweight or obesity.

DOC-00478 - 10 Feb 2023
©2023 Medicom Health LLC • All rights reserved.





SLEEP APNEA ASSESSMENT

UNKNOWN RISK FOR SLEEP APNEA

GOAL: DISCUSS OSA RISK FACTORS DURING REGULAR PRIMARY CARE VISIT



RISK EXPLAINED

People in this category have a STOP-Bang score* of 2 AND do not know their neck size (i.e., they answered "I don't know" to "Does your neck measure 16 inches or more around?").

People in this category with a neck circumference of 16 inches or more should be encouraged to have an OSA evaluation with primary care.

*see Other Considerations



EXAMPLE PERSONA

Alisha is a 62-year-old woman who has steadily gained weight since going through menopause at age 51.

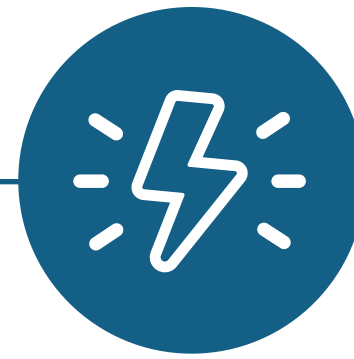
Alisha has a STOP-Bang score* of 2 due to her age and BMI (i.e., 5'2" and 195 pounds, BMI=36). However, she doesn't know her neck measurement.

Alisha read about risk factors for OSA online, so she's wondering if she's at risk.



DOES THE USER HAVE A PRIMARY CARE PHYSICIAN?

YES



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

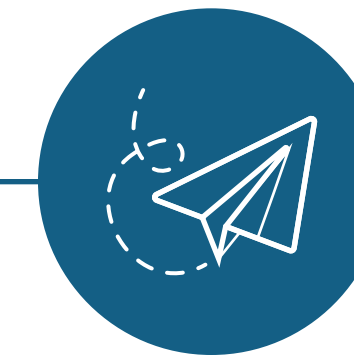
- Appointment scheduling to discuss OSA risk factors
- Relevant health content



PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

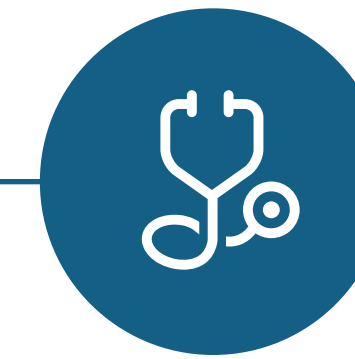
- Review their results report with them and ask if neck circumference is 16 inches or more.
- Schedule an appointment to discuss OSA risk factors
- Discuss potential treatments, as well as their next-steps



FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- Weight, neck circumference, and other risk factors for developing OSA
- Signs & symptoms of possible OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future



DISCUSS SCREENING IN PRIMARY CARE SETTING

- Users with thicker necks should undergo additional OSA screening.
- Sleep hygiene practices should be reviewed followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.

NO

GOAL: CREATE A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

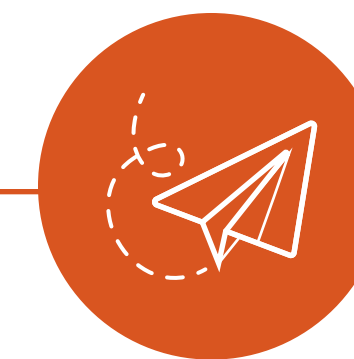
- Finding a doctor.
- Appointment scheduling to discuss OSA risk factors
- Relevant health content



PHONE CALL FOLLOW UP

Follow up with the user as soon as possible by phone call to:

- Review their results report with them and ask if neck circumference is 16 inches or more.
- Establish a primary care physician and schedule an appointment to discuss OSA risk factors
- Discuss potential treatments, as well as their next-steps



FOLLOW-UP EMAILS

Customize your follow-up email content to focus on:

- Weight, neck circumference, and other risk factors for developing OSA
- Signs & symptoms of possible OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future
- Creating a relationship with primary care



DISCUSS SCREENING IN PRIMARY CARE SETTING

- Users with thicker necks should undergo additional OSA screening.
- Sleep hygiene practices should be reviewed followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.

OTHER CONSIDERATIONS

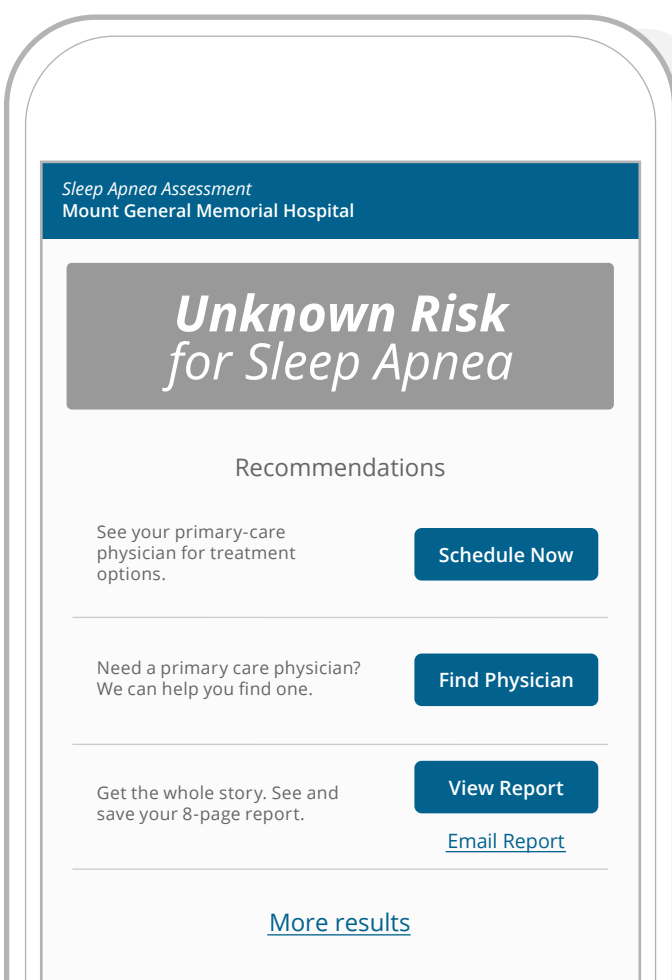
The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for "Yes")
2. Do you snore loudly enough to be heard through closed doors? (+1 point for "Yes")
3. Has anyone observed you stop breathing during your sleep? (+1 point for "Yes")
4. Do you have or are you being treated for high blood pressure? (+1 point for "Yes")
5. Does your neck measure 16 inches or more around? (+0 point for "I don't know")
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

In addition to possibly meeting the criteria for an OSA evaluation, these people may have overweight or obesity.

DOC-00478 - 10 Feb 2023
©2023 Medicom Health LLC • All rights reserved.





SLEEP APNEA ASSESSMENT

LOW SLEEP APNEA RISK

GOAL: REVIEW SLEEP HYGIENE PRACTICES AT REGULAR PRIMARY CARE VISIT

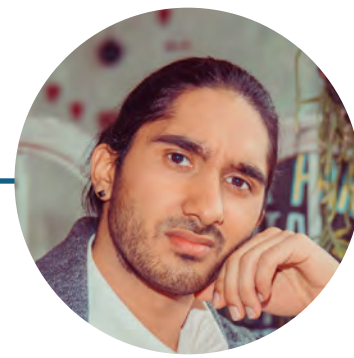


RISK EXPLAINED

People in this category have one of the following:

- a STOP-Bang score* of 0 or 1
- a STOP-Bang score of 2 with a known neck size.

*see Other Considerations



EXAMPLE PERSONA

Warren is the 38-year-old father of 4 young children. He works full-time at an advertising agency, and his wife works the second shift at a manufacturing factory.

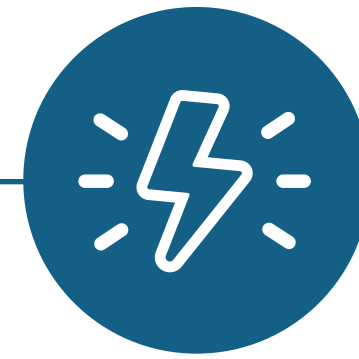
Warren is always tired and often quite irritable (i.e., "Yes" to question 1*). One of his children or his wife often interrupts his sleep, so he's perpetually sleep-deprived. He combats the fatigue by drinking 2 pots of coffee throughout the day.

Warren has a STOP-Bang score of 1 (i.e., 0 points on questions 2-8*). He doesn't know much about sleep apnea, but he knows his sleep patterns aren't normal. He is eager to make a change.



DOES THE USER HAVE A PRIMARY CARE PHYSICIAN?

YES



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

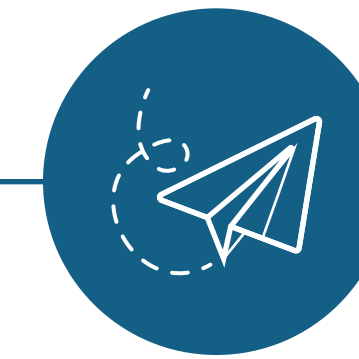
- Relevant health content
- Health fairs or other events sponsored by your community
- Appointment scheduling



PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

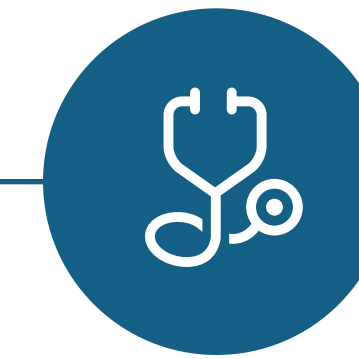
- Review their results report and answer any questions they have about their results.
- Encourage tracking of factors that can affect sleep quality (i.e. naps, stimulants, nighttime eating, exercise, etc.) to share at next primary care visit.



FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- That age, sex, and weight are important OSA risk factors
- Signs & symptoms of possible OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future

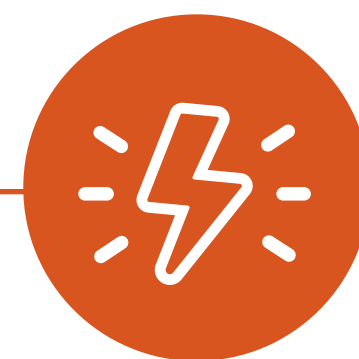


SLEEP HYGIENE INTERVENTION

- Sleep hygiene practices should be reviewed followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.

NO

GOAL: CREATE A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN



CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

- Relevant health content
- Health fairs or other events sponsored by your community
- Appointment scheduling
- Finding a doctor



PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

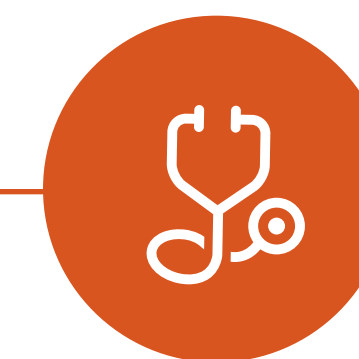
- Review their results report and answer any questions they have about their results.
- Encourage tracking of factors that can affect sleep quality (i.e., naps, stimulants, nighttime eating, exercise, etc.)
- Establish a primary care physician and schedule an appointment to review sleep hygiene practices.



FOLLOW-UP EMAILS

Customize your follow-up email content to focus on:

- Age, sex, and weight as important OSA risk factors
- Signs & symptoms of possible OSA
- The importance of diagnosing and treating OSA to avoid serious health problems in the future
- Creating a relationship with primary care



SLEEP HYGIENE INTERVENTION

- Sleep hygiene practices should be reviewed followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.

OTHER CONSIDERATIONS

The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for "Yes")
2. Do you snore loudly enough to be heard through closed doors? (+1 point for "Yes")
3. Has anyone observed you stop breathing during your sleep? (+1 point for "Yes")
4. Do you have or are you being treated for high blood pressure? (+1 point for "Yes")
5. Does your neck measure 16 inches or more around? (+1 point for "Yes")
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

Although they don't meet the criteria for an OSA evaluation, these people may have overweight or obesity.

