

Insurance Requirements for Compliant Usage

Once you receive your CPAP or BiPAP equipment, you'll begin a "compliance period." Think of it like a three-month trial period. This is to demonstrate both that you're using your equipment and that it's an effective treatment option for your OSA.

During the compliance period your doctor will monitor how often you use your CPAP. This is recorded by your CPAP device, either through an SD memory card or cellular modem.

To meet compliance, insurance requires that you use your CPAP machine 1) at least 4 hours per night, 2) for at least 70% of nights, 3) for 30 consecutive days of the first three months.

That can be a little confusing, but what you need to know is: Use your CPAP machine for 30 days in a row, and at least 21 of those days need to be 4 hours or more per night.

Lastly, you'll need to meet with your doctor between the 31st and 90th day of the compliance period for a face to face appointment. It will need to be documented that you are using your machine and benefitting from therapy.