



Today, greater than 40 million Americans are affected by sleep disorders¹, yet most remain undiagnosed.

Overview

An employer group enlisted CareCentrix to address its growing concerns with sleep disorders. CareCentrix was able to bring high quality services to the home, lowering costs while improving clinical outcomes and patient satisfaction.

THE CHALLENGE

Sleep is crucial to our health and productivity, yet nearly 1 in 5 Americans suffer from a sleep disorder:

80%

More than 80% of patients with a sleep disorder are undiagnosed.²

\$2-4K

Patients with unmanaged sleep disorders incur two to four thousand dollars in incremental health care costs each year³

70-80%

70-80% of sleep tests are conducted in high cost, inconvenient sleep labs⁴

50%

Less than 50% of patients who begin sleep therapy are adherent⁵



THE SOLUTION

The CareCentrix Home Sleep program provides:



Identification of Undiagnosed Patients

Online assessment and evaluation to identify patients at risk for sleep disorders



Site of Care Optimization

Sleep experts use clinical criteria to advise on setting of care, and facilitate timely access to diagnostic testing and therapy, if required



Patient Adherence & Care Management

Remote monitoring helps ensure patient adherence to therapy and supports outreach to patients needing additional assistance

PROVEN RESULTS

■ BEFORE CareCentrix
■ AFTER CareCentrix



SERVICE OUTCOMES

\$6.2M \$6.2M IN SAVINGS OVER 3 YEARS.⁶

96% 96% OF PATIENTS REPORTED SATISFACTION WITH SLEEP THERAPY

To learn more about **HomeSleep**, please visit www.carecentrix.com or call 888.839.5122.



References:

- 1 www.carecentrix.com (notes 44M), its source is *The National Sleep Foundation; <http://www.sleepfoundation.org/article/sleep-topics/women-and-sleep>
- 2-3 "The Hidden Costs of Sleep Apnea" Blog. <http://www.circadian.com/blog/item/31thehiddencostsofsleepapnea.html#.VnBTLEorLDd>. 08/21/2014. Accessed 12/15/2015.
- 4 Sleep Review; <http://www.sleepreviewmag.com/2015/08/third-quarter-2015-sleep-center-survey-results/>
- 5 "The Hidden Costs of Sleep Apnea" Blog. <http://www.circadian.com/blog/item/31thehiddencostsofsleepapnea.html#.VnBTLEorLDd>. 08/21/2014. Accessed 12/15/2015.
- 6 CareCentrix internal data, 2013 - 2015