

Eligibility criteria for sleep studies

Southern Cross will only reimburse the cost of sleep studies under a member's policy if referred by a specialist and when at least **one** of the following criteria is met for that member.

1. Documented symptoms indicating a high pre-test probability of obstructive sleep apnoea (OSA) in the absence of heart or lung disease.
2. Excessive daytime sleepiness measured by a validated sleepiness scale and suspected obstructive sleep apnoea (OSA).
3. For suspected obstructive sleep apnoea (OSA) supported by evidence from an OSA screening tool and symptoms of insomnia including waking unrefreshed.

The cost of the sleep studies will **not** be reimbursed in the following circumstances:

- when referred by a third party, ie employer, or for life insurance
- for the management or treatment of snoring
- when undertaken as part of a clinical trial.

Please also ensure you are familiar with all **policy exclusions**, including:

- **Acute care**
- **Congenital conditions**
- **Cosmetic treatment/procedures**
- **Health screening**
- **Treatment of any condition not detrimental to health**
- Unapproved healthcare services.

Refer to the relevant policy document for specific conditions and exceptions that apply to these exclusions.