



Aetna Better Health® of Illinois

AETNA BETTER HEALTH® d/b/a Aetna Better Health of Illinois Policy

Policy Name: Polysomnography	Page: 1 of 1
Department: Medical Policy & Program Solutions	
Subsection:	Effective Date: 12/01/2020
Applies to: Aetna Better Health of Illinois	

PURPOSE:

Per Aetna Better Health of Illinois policy, attended polysomnography services are not appropriate in a home setting.

STATEMENT OF OBJECTIVE/OVERVIEW:

Polysomnography is utilized and covered when used to aid the diagnosis of obstructive sleep apnea (OSA) in beneficiaries who have clinical signs and symptoms indicative of OSA if performed attended in a sleep lab facility.

DEFINITIONS:

Polysomnography	A sleep study test used to diagnose sleep disorders. This procedure records your brain waves, the oxygen level in your blood, heart rate and breathing as well as eye and leg movements during the study.
-----------------	---

LEGAL/CONTRACT REFERENCE:

Review/Revision History	