

## **Updates to AIM Specialty Health Sleep Disorder Management Clinical Appropriateness Guidelines**

*This communication applies to the Medicaid and Medicare Advantage programs for Anthem Blue Cross and Blue Shield (Anthem).*

Effective for dates of service on and after September 11, 2022, the following updates will apply to the *AIM Specialty Health Sleep Disorder Management Clinical Appropriateness Guidelines*. As part of the AIM Specialty Health®\* guideline annual review process, these updates are focused on advancing efforts to drive clinically appropriate, safe, and affordable health care services.

- Established sleep disorder (OSA or other) – follow-up laboratory studies – added indication for one follow-up in-lab sleep study as appropriate following insertion of a hypoglossal nerve stimulator
- Multiple Sleep Latency Testing (MSLT) and/or Maintenance of Wakefulness Testing (MWT) – new indication for MWT in occupational safety evaluation
- Management of OSA using Oral Appliances (OA) – limit guideline for oral appliance use to patients 16 years and older

As a reminder, ordering and servicing providers may submit prior authorization requests to AIM in one of several ways:

- Access the AIM *ProviderPortal*<sub>SM</sub> directly at [www.providerportal.com](http://www.providerportal.com)
  - **Online access is available 24/7 to process orders in real-time and is the fastest and most convenient way to request authorization.**
- Access AIM via the Availity® Portal at [www.availity.com](http://www.availity.com).
- Call the AIM Contact Center toll-free number at the number listed below, Monday through Friday, from 7 a.m. to 7 p.m. Central time:
  - Medicaid: **833-419-2142**.
  - Medicare Advantage: **833-775-1959**.

For questions related to guidelines, please contact AIM via email at [aim.guidelines@aimspecialtyhealth.com](mailto:aim.guidelines@aimspecialtyhealth.com). Additionally, you may access and download a copy of the current and upcoming guidelines at <https://aimspecialtyhealth.com/resources/clinical-guidelines>.

\* AIM Specialty Health® is an independent company providing some utilization review services on behalf of Anthem Blue Cross and Blue Shield. Availity, LLC is an independent company providing administrative support services on behalf of Anthem Blue Cross and Blue Shield.