

Colleges of Applied Arts and Technology
GROUP INSURANCE BENEFITS COMMUNIQUÉ
IMPORTANT INFORMATION

CHANGES TO CLAIMS FOR CPAP MACHINES EFFECTIVE JANUARY 1, 2021

If you or one of your dependents has **SLEEP APNEA**, please take note:

Effective January 1, 2021, Sun Life will no longer reimburse for CPAP machines in cases of **Mild** obstructive sleep apnea.

This change will affect members with newly diagnosed mild sleep apnea as well as existing plan members who choose to purchase a new CPAP machine once their 5 year frequency limit has expired. Existing plan member claiming for supplies will not be impacted.

Sun Life will continue to reimburse Continuous Positive Airway Pressure (CPAP) machines for **moderate and severe** diagnoses.

The Canadian Agency for Drugs and Technologies in Health (CADTH) recommends lifestyle changes for mild obstructive sleep apnea, rather than CPAP machines.

CADTH defines mild sleep apnea as an Apnea-Hypopnea Index (AHI) of under 15.
Reminder: If you live in Ontario, Manitoba or Saskatchewan, your provincial health plan helps with costs.

- <https://www.ontario.ca/page/respiratory-equipment-and-supplies>
- https://www.gov.mb.ca/fs/eia_manual/print,22.html
- <https://publications.saskatchewan.ca/#/products/87731>

If you have moderate to severe obstructive sleep apnea, apply to the province for funding before purchasing a CPAP machine. Once you have provincial approval for funding, you can buy your CPAP and send your claim to Sun Life.

Questions?

Please call Sun Life at 1-800-361-6212, Monday to Friday, 8 a.m. to 8 p.m. ET.
or
Please contact your Benefits Administrator.