



ALL THINGS AEROFLOW SLEEP NEWSLETTER

O, The Weather Outside...

Winter is upon us. Are you prepared for the added strain colder temps can have on your sleep apnea?

Chilled, dry air can bring about an increased likelihood of side effects; like dry mouth and sore throat. The best way to prevent this is by investing in heated CPAP supplies.

You can order heated tubing and heated humidifiers from AeroFlow Sleep, however they may not be covered by insurance, as these are deemed luxury items.

If you don't want to pay out-of-pocket for a cold weather solution, ask your doctor for a new prescription, and we'll take care of the switch from standard to heated elements year-round. All you have to do is join the AeroFlow Sleep family! It only takes 5-7 minutes to see if you qualify:

[CHECK YOUR ELIGIBILITY](#)

In This Issue

Current Projects

Now Showing

In The Know
With AeroFlow

Blogs & Press

Contact Us





CURRENT PROJECTS:

CPAP COMPLIANCE VIDEOS

CPAP compliance is the period in which insurance providers determine if you are eligible for coverage. They decide this based on how often your CPAP machine is used. Most require a minimum CPAP use of 4 hours per night for 30 consecutive days within the first 3 months.

Aeroflow Sleep understands that, aside from being diagnosed, CPAP compliance is the most difficult point in your sleep apnea journey. That's why we're in the process of creating a new video series that pairs with our existing emails for first-time users.

Patients will soon be able to follow tips and tricks, presented by our Operations Manager, Jimmy, that will help you keep better track of your weekly progress AND answer big-picture questions; like how to clean your CPAP supplies and when you should start replacing parts. ***Stay tuned for the release date!***



3 REASONS TO EAT WELL AT CHRISTMAS

Although this quick, 1-minute video was shared at Thanksgiving, the tips within it are still applicable throughout the holiday season.

Watch the "Physician in the Kitchen" and one of Aeroflow Sleep's board-certified Medical Advisors, Dr. Monique May, explain why you should eat well during the holidays and how exactly that may be accomplished.



WATCH NOW

IN THE KNOW WITH AEROFLOW



WHAT IS HEALTH SAVINGS?

There are two types of funding options you may have in addition to your health insurance, called flexible spending accounts and health savings accounts.

What Is A Flexible Spending Account?

The first, a flexible spending account (or FSA,) is like a checking account that your employer puts money into, except that money can only be spent on certain out-of-pocket healthcare costs.

Typically, you may opt into an FSA during your employer's open enrollment period, so it's not something you yourself can fund privately. However, it is non-taxable income, so we highly recommend an FSA if you frequent CVS.

What Is A Health Savings Account?

The second, a health savings account (or HSA,) is what you can fund privately, so it doesn't need to be a benefit offered by your employer to enroll. You can ask any private insurance provider about their HSA options.

Another difference between HSA and FSA is what the money can go towards. We mentioned CVS for FSA, for example, but with HSA, you'll want to use those funds to supplement health insurance percentages; such as copayments and deductibles. An HSA is not meant for sale items; like vitamins and personal care.

Use It Or Lose It

Regardless of whether you have an FSA or an HSA, the money within them may not roll over at the end of the year.

We're coming up on 2024, so consider this your reminder to see if either HSA or FSA funds can help get you new CPAP supplies. But hurry!

Your order must ship by December 29, 2023 to qualify.

Call 1-800-480-5491. Must be diagnosed with sleep apnea.

A DEEP DIVE INTO JUST HOW BADLY THE **PHILIPS RESPIRONICS** RECALL AFFECTED YOUR DOCTOR'S MENTAL HEALTH

[READ PRESS](#)



5 WAYS YOU CAN GET BETTER SLEEP WHILE ENTERTAINING FOR THE HOLIDAYS

[READ BLOG](#)



CONTACT US

Regular Business Hours:
Monday - Friday
9 AM - 5 PM EST

Phone: 1-800-480-5491 | **Fax:** 1-866-903-3640

Email: info@aeroflowsleep.com

Your inquiry is very important to us!