Sleep apnea: News about claims

If you or one of your dependents has sleep apnea, please read this update.

**Starting January 1, 2021, we’ll no longer reimburse for CPAP machines in cases of *mild* obstructive sleep apnea.**

We’ll 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.**

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

**Questions? We’re here to help.**
Please call us at 1-800-361-6212, Monday to Friday, 8 a.m. to 8 p.m. ET.