

Understanding My Coverage



November 2020

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.