

Obstructive Sleep Apnea Devices, DME 250

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<u>Effective Date</u>	6/1/2026
<u>Next Review Date</u>	2/2027
<u>Coverage Policy</u>	DME 250
<u>Version</u>	4

Member-specific benefits take precedence over medical policy and benefits may vary across plans. Refer to the individual’s benefit plan for details*.

Description & Definitions:

Obstructive Sleep Apnea (OSA) is a sleep related breathing disorder that concerns a decrease or complete halt in airflow regardless of ongoing efforts to breathe.

Apnea Hypopnea Index (AHI) is the number of Apneas plus the number of Hypopneas during the entire sleeping period, times 60, divided by total sleep time in minutes; unit: event per hour (AASM Scoring Manual).

eXciteOSA is an oral, removable tongue stimulation device that delivers neuromuscular electrical stimulation (NMES) to reduce snoring and mild obstructive sleep apnea.

Oral Appliances are devices inserted into the mouth for treatment of snoring or OSA which are prefabricated (ready-made), or custom made.

Positional obstructive sleep apnea (POSA) devices to treat snoring and OSA for individuals who sleep in a supine position, with sensor and vibrating to reposition.

Other common names: eXciteOSA, neuromuscular tongue muscle stimulator, (formerly Snoozeal), Daytime Neuromuscular Stimulation of the Tongue, intraoral NMES, POSA devices, Night Shift Sleep Positioner, Electronic Positional Devices

Criteria:

Obstructive Sleep Apnea Devices are considered not medically necessary and the current role remains uncertain, based on review of existing evidence, there are currently no clinical indications for this technology. Therefore, not medically necessary for any clinical indications, to include but not limited to:

- Daytime Neuromuscular Stimulation of the Tongue
- Electronic Positional Devices for the Treatment of Obstructive Sleep Apnea
- eXciteOSA
- Expiratory muscle strength training for the treatment of OSA
- Neuromuscular Electrical Training device for OSA
- NightBalance
- Positional therapy/POSA devices
- Zzoma positional device

Document History:

Revised Dates:

- 2025: May – Implementation date of August 1, 2025. Rename policy, add codes and definitions
- 2023: November

Reviewed Dates:

- 2026: February – Implementation date of June 1, 2026. Annual review. No changes to criteria. Update references.
- 2024: October – no changes references updated

Origination Date: November 2023

Coding:

Medically necessary with criteria:

Coding	Description
	None

Considered Not Medically Necessary:

Coding	Description
E0490	Power source and control electronics unit for oral device/appliance for neuromuscular electrical stimulation of the tongue muscle, controlled by hardware remote
E4091	Oral device/appliance for neuromuscular electrical stimulation of the tongue muscle, used in conjunction with the power source and control electronics unit, controlled by hardware remote, 90-day supply
E0492	Power source and control electronics unit for oral device/appliance for neuromuscular electrical stimulation of the tongue muscle, controlled by phone application
E0493	Oral device/appliance for neuromuscular electrical stimulation of the tongue muscle, used in conjunction with the power source and control electronics unit, controlled by phone application, 90-day supply
E0530	Electronic positional obstructive sleep apnea treatment, with sensor, includes all components and accessories, any type

The preceding codes are included above for informational purposes only and may not be all inclusive. Additionally, inclusion or exclusion of a treatment, procedure, or device code(s) does not constitute or imply member coverage or provider reimbursement.

Policy Approach and Special Notes: *

- Coverage:
 - See the appropriate benefit document for specific coverage determination. Member specific benefits take precedence over medical policy.
- Application to products:
 - Policy is applicable to Sentara Health Plan Medicare products.
- Authorization requirements:
 - Pre-certification by the Plan is required.
 - **Please refer to Prior Authorization List for most up to date requirement** [Search PAL List: Sentara Health Plans](#)
- Special Notes:
 - This medical policy expresses Sentara Health Plan's determination of medical necessity of services, and they are based upon a review of currently available clinical information. Medical policies are not a substitute for clinical judgment or for any prior authorization requirements of the health plan. These policies are not an explanation of benefits.
 - Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving and these medical policies are subject to change without notice,

although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

- The term DME is defined as equipment which, according to 42 CFR §414.202:
 - Can withstand repeated use; i.e., could normally be rented and used by successive patients;
 - Effective with respect to items classified as DME after January 1, 2012, has an expected life of at least 3 years;
 - Is primarily and customarily used to serve a medical purpose;
 - Generally, is not useful to a person in the absence of illness or injury; and,
 - Is appropriate for use in a patient's home.
 - Medicare Search - [MCD Search](#)
 - [NCD - Durable Medical Equipment Reference List \(280.1\)](#)

References:

References used include but are not limited to the following: Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; UpToDate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

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<https://evidence.hayesinc.com/search?q=%257B%2522text%2522:%2522Obstructive%2520Sleep%2520Apnea%2522,%2522title%2522:null,%2522termsource%2522:%2522searchbar%2522,%2522page%2522:%257B%2522page%2522:0,%2522size%2522:50%257D,%2522type%2522:%2522all%2522,%25>

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Standards and Guidelines. (2025). Retrieved 1 2026, from American Academy of Sleep Medicine (AASM):

<https://aasm.org/standards-guidelines>

Keywords:

SHP, tongue muscle stimulation, oral devicee, eXciteOSA, neuromuscular tongue muscle stimulator, (formerly Snoozeal), Daytime Neuromuscular Stimulation of the Tongue, intraoral NMES, POSA devices, Night Shift Sleep Positioner, Electronic Positional Devices