

RESMED

Sleep 4^a Healthy Life™

If you wish to find out more about *Sleep 4^a Healthy Life*, please contact our occupational health department at occupationalhealth@resmed.com.

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References

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Untreated sleep apnea leads to higher healthcare costs and unacceptable health risks.

Sleep 4^a Healthy Life™

diabetes

stroke

heart disease

hypertension

presenteeism

absenteeism

higher healthcare costs



Unacceptable Risk

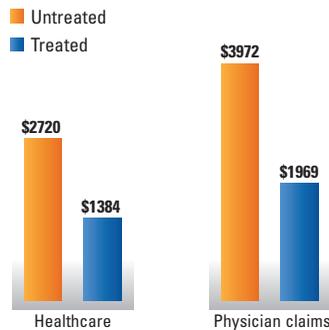
Sleep apnea is the chronic interruption of breathing for 10 seconds or more during sleep. People with sleep apnea may stop breathing hundreds of times a night, which can lead to several other serious and even life-threatening health problems.

Alarming, 25% of middle-aged men and 9% of middle-aged women suffer from obstructive sleep apnea (OSA).¹

People with untreated sleep apnea have:

- **Double the healthcare costs.**² In fact studies have shown that patients with OSA have higher utilization rates and incur greater costs than non-OSA patients for up to 10 years prior to diagnosis.³
- **Fifteen-fold increase of being involved in a traffic accident.**⁴ In the year 2000, 810,000 US drivers were involved in a motor vehicle accident related to OSA, of which 1,400 involved fatalities. Researchers estimated that the total cost of OSA-related accidents in 2000 was approximately \$15.9 billion.⁵
- **Higher incidence of presenteeism** (showing up for work tired with low productivity). Studies have shown that employees with OSA have a significantly increased number of lost workdays (absenteeism) and rates of work disability.⁶

Comparison of costs for untreated sleep apnea patients and sleep apnea patients receiving treatment.²



Untreated sleep apnea also greatly affects the health of your employees by increasing the risk of:

- high blood pressure and heart disease⁷
- diabetes, obesity⁸ and depression.⁹

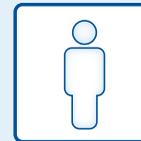
Treatment of OSA with positive airway pressure (PAP) therapy

- Prior to sleep apnea diagnosis, patients utilized 23–50% more medical resources.¹⁰
- For every dollar spent on CPAP, \$3.49 would be saved in reduced collision costs.⁵
- Health plan costs were significantly lower in both the first and second years after treatment, with an estimated \$6K savings per driver.⁴

Practical Solution

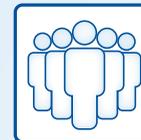
Sleep 4^a Healthy Life™

ResMed's **Sleep 4^a Healthy Life** offers a practical solution for managing these risks by giving companies access to a sleep apnea program that incorporates a care management approach.



*Sleep 4^a Healthy Life can help **you**:*

- decrease healthcare costs
- reduce accidents and liability
- improve retention/reduce turnover.



*Sleep 4^a Healthy Life can help **your employees**:*

- improve quality of life
- understand the impact sleep apnea can have on overall health and promote behavioral change.

What is Sleep 4^a Healthy Life?

Sleep 4^a Healthy Life gives companies access to proven disease management pathways, technology and wellness approach guidelines.

Sleep 4^a Healthy Life is based on four basic disease management steps:

awareness

Identifying the risk of sleep apnea among employees

assessment

Screening and diagnosing people with sleep apnea

acceptance

Technology and processes to encourage acceptance to therapy

adherence

Tools and techniques for enhancing compliance and therapy results