

# ARE YOU OR YOUR PARTNER LIVING WITH SLEEP APNEA?

Snoring, tiredness, and headaches are common symptoms of sleep apnea. Check your risk with our **free 30-second sleep quiz!**



**GEM SLEEP is an all-virtual sleep clinic. We help those at risk for sleep apnea get tested and treated quickly.**  
**Here's how it works:**



## SLEEP EVALUATION

Take a sleep test from your own bed in one night. GEM clinicians will review your results and provide a diagnosis.



## SLEEP APNEA TREATMENT

Select from your tailored treatment recommendations. Your treatment may include a CPAP machine.



## FOLLOW-UP SUPPORT

Our team will help you get started and provide follow-up support. We will track your progress and give tips for a smooth transition.

## To get started:

1. Take a quick assessment at [mygemsleep.com/sponsor/cigna](https://mygemsleep.com/sponsor/cigna)
2. Add the home sleep test to your cart and schedule a brief telehealth visit.
3. Enter your health plan information to confirm eligibility.
  - You may have out-of-pocket costs, based on the terms and conditions of your plan.
  - You can use your health savings account or flexible spending account to pay. You can also download your prescription.

