SleepCharge®
BY NOX HEALTH

Healthy Sleep for All®

SleepCharge utilizes telehealth to evaluate, diagnose, discuss, and manage an array of sleep disorders and disruptors and is available at not cost to employees, pre-65 retirees, and adult dependents enrolled in the El Paso County EPO Medical Plan.

Why SleepCharge?

Personalized Therapies

Professional Expertise

Proactive Care Managers

Extensive Sleep Education

Learn More About *Your* Sleep

Complete the Sleep Checkup™ to determine your Duration, Timing, & Quality (DTQ™) and explore our self-paced library of sleep education.

Duration

How long you sleep

Timing

When you sleep

Quality

How well you sleep

Begin with the Sleep Checkup™ to learn more about your sleep at sleepcharge.com/epcmed

The SleepCharge Program

Get started with SleepCharge today!

Step 1: The Sleep Checkup™

You begin by taking the confidential Sleep Checkup™, which determines your Duration, Timing, & Quality (DTQ™). This breaks down *how long* you sleep, *when* you sleep, and *how well* you sleep.

Step 2: Medical Review & Discussion

Our medical team of certified clinicians and physicians review your results and work with you to determine the next steps for your sleep health care plan.

Step 3: Sleep Health Care Plan

SleepCharge provides proactive telehealth care to get you on the path toward better sleep.

SleepCharge utilizes telehealth to evaluate, diagnose, and treat sleep apnea. By using a computer or mobile device, you could:

- Take the SleepCharge Sleep Checkup™
- Communicate with our medical or care team
- Request testing supplies and equipment
- Track treatment progress
- Browse educational content
- Access medical documentation

Begin with the Sleep Checkup™ to learn more about your sleep at sleepcharge.com/epcmed

SleepCharge follows federal HIPAA guidelines — we do not share any protected health information with your employer or third parties.

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