

SleepCharge utilizes telehealth to evaluate, diagnose, discuss, treat, and manage an array of sleep disorders and disruptors.

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.



How long you sleep



When you sleep



How well you sleep

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

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/tccc

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



Reap the Benefits of Better Sleep

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Improve health
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Boost energy
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Manage stress

Earn *Celebrating You* points with SleepCharge!

SleepCharge Action	<i>Celebrating You</i> Reward
Take the Sleep Checkup	25 points
Complete Home Sleep Test	25 points
Opt into Treatment	50 points
Treatment Usage	Up to 50 points*

*Treatment Usage
 70-80% = 15 points
 81-90% = 30 points
 91-100% = 40 points
 1 year anniversary bonus points,
 if 91-100% = 50 points

Work in a regulated or safety-sensitive role?

We will supply you with the treatment history report and letter of recommendation you need for annual medical certification.

Already receiving sleep care elsewhere?

Transfer your current care plan to save time and reduce cost from physician office visits, in-lab testing, and treatment plans.

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