



FREQUENTLY ASKED QUESTIONS (FAQs)

Check out the FAQs below for answers to your questions regarding sleep apnea, completing your WatchPAT® Home Sleep Apnea Test (HSAT), or how to earn points with Healthy Hearts! Healthy You!

What is sleep apnea?

Sleep apnea is a very common sleep-related breathing disorder that impacts millions of people every day. People with sleep apnea may experience shallow breathing while they sleep. They may even experience brief pauses in their breathing – as often as 30 times or more per hour.

Does sleep apnea affect a person's overall health?

Yes. These repeated pauses in breathing prevent an individual from reaching deeper sleep stages. This results in poor quality of sleep and stress on the body. Untreated sleep apnea may increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, and other medical conditions. It may increase a person's risk of heart failure or worsen the condition. Untreated sleep apnea may also increase the likelihood of arrhythmia, which is an irregular heartbeat.

Is this activity only for employees?

Both employees and their spouses are eligible to participate.

EARN
150
POINTS

What if I qualified for the HSAT in 2024 but I didn't complete it?

You're still eligible to complete the HSAT and earn 150 points through Healthy Hearts! Healthy You!. *Why not complete your sleep test tonight?*

I completed my Health Assessment Questionnaire (HAQ) and answered YES to participate in the HSAT. What happens next?

We congratulate you on focusing on your health! You'll be directed to our partner website, DeltaMDRx, to provide additional information to determine if an HSAT is indicated.

- **If a sleep test is indicated:** Please take the HSAT as soon as it arrives via USPS.
- **If a sleep test is NOT indicated:** You'll still earn 150 points for participating in this healthy activity.

What if I did not accept the terms and conditions of text messaging and clicked submit?

If you prefer not to receive text messages, please contact DeltaMDRx by emailing miriam.mccarty@deltamdrx.com or calling [612-393-4353](tel:612-393-4353) from 9:00 am to 6:00 pm CT, Monday through Friday to complete your HSAT.

How do I get qualified for the HSAT?

Regulations vary from state to state.

If you reside in one of the states listed below:

After completing the online form and agreeing to the terms and conditions for text messaging, you'll receive a text message asking you to confirm your sleep symptoms.

Alabama	Indiana	New York
Arizona	Iowa	North Carolina
California	Kentucky	Ohio
Colorado	Maine	Oklahoma
Connecticut	Maryland	Pennsylvania
Delaware	Massachusetts	Tennessee
District of Columbia	Michigan	Texas
Florida	Minnesota	Washington
Georgia	Missouri	Wisconsin
Hawaii	Montana	Wyoming
Illinois	Nebraska	
	Nevada	

If you reside in one of the states listed below:

After completing the online form and agreeing to the terms and conditions for text messaging, you'll receive a text message prompting you to schedule a virtual appointment to confirm your symptoms.

Alaska	New Hampshire	Rhode Island
Arkansas	New Jersey	South Carolina
Idaho	New Mexico	Utah
Kansas	North Dakota	Vermont
Louisiana	Oregon	Virginia

What happens after I complete the HSAT?

After you complete your sleep test, you'll receive an email with your results. Please be advised that the number of days between completing the HSAT and receiving your test results may vary. If you don't receive an email with your results within a week after taking the test, please contact benefits.program@zoll.com.

My HSAT results indicate that I may have sleep apnea. What do I do now?

We strongly recommend that you schedule an appointment with your primary care provider or a sleep medicine specialist. Be sure to print out your HSAT report and take it with you to your appointment. Your doctor may prescribe treatment therapy or refer you to a sleep medicine specialist for further evaluation.

To search for a sleep medicine specialist in your area:

- Go to the UHC, Surest, or Aetna online portals and use the search function.
- Call the phone number listed on the back of your insurance card.
- Contact your Primary Care Provider.

If you need more help identifying a sleep medicine specialist, contact your Healthy Hearts! Healthy You! Wellness Coordinator.

How can I earn 150 points?

There are two ways to earn your points:

1. A WatchPAT ONE device is sent to you, and you complete your sleep test.
2. During your evaluation, the provider determines that the sleep test is not indicated.

When will I see the 150 points in my Healthy Hearts! Healthy You! Portal?

The points will be added to your portal about four weeks after completing your HSAT. If the sleep test is not indicated, you'll see them sooner.

What if I completed the HSAT in 2024 and tested positive for sleep apnea?

Congratulations on completing your sleep test! While you're no longer eligible for the 150 points, you [can](#) earn 50 points in 2025 by taking the next step: Simply reach out to a WebMD Health Coach today to learn more about how sleep can impact your health.

[CLICK HERE](#) for other ways to earn points through Healthy Hearts! Healthy You!.

What if I completed the HSAT in 2024 and don't have sleep apnea?

Congratulations on completing your sleep test and earning your points in 2024! [CLICK HERE](#) for other ways to earn points through Healthy Hearts! Healthy You!.