

CHANGES TO MEDICAL NECESSITY REVIEW CRITERIA FOR IN-LAB SLEEP STUDIES

Applies to: Commercial - HMO POS PPO Medicare Advantage

Network list: <https://wa-provider.kaiserpermanente.org/communications/letters>

Effective July 1, 2026, Kaiser Foundation Health Plan of Washington and Kaiser Foundation Health Plan of Washington Options, Inc. (Kaiser Permanente) are updating the In-Lab Sleep Studies medical policy.

Explanation of the change:

Kaiser Permanente is updating the medical necessity criteria for in-lab sleep studies to clearly define coverage for repeat in-lab polysomnography following hypoglossal nerve stimulator (HGNS) implantation. The updated policy outlines when attended, facility-based sleep studies are medically necessary for initial device titration and select re-titration scenarios, while reaffirming when home sleep testing remains appropriate.

To review the Sleep Studies Performed in a Healthcare Facility or Laboratory Setting clinical review criteria, please visit the Kaiser Permanente provider website at:

https://wa-provider.kaiserpermanente.org/static/pdf/hosting/clinical/criteria/pdf/sleep_studies.pdf

Is prior authorization required?

- KFHPWA Health Maintenance Organization (HMO) members: Prior authorization is required.
- KFHPWAO Point of Service (POS) members: Prior authorization is required for in-network coverage.
- KFHPWAO Preferred Provider Organization (PPO) members: Prior authorization is required.
- Medicare Advantage: Prior authorization is required.

Questions: Contact Provider Assistance Unit at 1-888-767-4670, Monday through Friday, 8 a.m. to 5 p.m.

Kaiser Foundation Health Plan of Washington
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