

Having Trouble Sleeping?

Visit with a sleep specialist on LiveHealth Online.

Is snoring disrupting your sleep? Do you feel tired often and aren't sure why? These may be signs you have a sleep condition. If left untreated, a sleep disorder can affect overall health. Schedule an online visit with a board-certified sleep specialist on LiveHealth Online to get support.

Get more restful sleep in a few easy steps:

1. Sign up for LiveHealth Online. Download the app and enter your health insurance information.
2. Within 48 hours, you can schedule an appointment with a sleep specialist of your choice.
3. The sleep specialist will go through an initial evaluation of your sleep habits and health history to better understand your symptoms and concerns.
4. Depending on the results of your evaluation, your sleep specialist may recommend a sleep study at home or in-lab testing to learn more.
5. You and your doctor will review your results and discuss a personalized treatment plan and care options.



Start getting good quality sleep!

Sign up for LiveHealth Online today to schedule a visit with a sleep specialist.

livehealthonline.com/sleep-medicine

Anthem  LiveHealth
ONLINE



3 STEPS TO BETTER SLEEP

HOW SLEEP SPECIALISTS ON LIVEHEALTH ONLINE CAN HELP YOU

1. SCHEDULE AN ONLINE VISIT

Meet with a board-certified doctor online using LiveHealth Online. Your sleep specialist will ask you questions about your sleep habits and history and complete an initial evaluation for care to assess if you need testing.



2. LEARN MORE ABOUT YOUR SLEEP

Your sleep specialist may suggest therapy or additional testing, such as a Home Sleep Test or in-lab testing. The Home Sleep Test is sent to you with clear set-up instructions and online support. You and your doctor can discuss your options to determine what best fits your needs.

3. UNDERSTAND YOUR RESULTS + NEXT STEPS

Once your sleep specialist has reviewed your results, you can have a follow-up visit. If you have a clear diagnosis, you'll discuss next steps and a treatment plan. If not, your sleep specialist will give recommendations for alternative care or additional testing so you can achieve quality sleep.



+ HOW TO MAINTAIN YOUR BEST NIGHT'S SLEEP

Once you've achieved better sleep, stick with it! You can have routine follow-up visits with your sleep specialist to check in and adjust your care plan. Your sleep specialist will ask how you're doing and consider additional testing or sleep therapy if there are any changes. The goal? More restful, quality sleep to keep you healthy and energized.

BETTER SLEEP, AT YOUR FINGER TIPS.