



Find out how you can be on a path to better sleep

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Wondering why you feel so tired?

An estimated 22 million Americans suffer from sleep apnea.¹ Are you one of them?

Sleep apnea is a secret sleep stealer.

Obstructive sleep apnea is a serious and common condition, yet 80% of people with moderate to severe cases are undiagnosed.¹ If left untreated, it can cause you to feel tired during the day and lead to more serious health problems.

Get help to experience more restful sleep.

- Traditional sleep studies are more complicated and require you to go to a sleep lab.
- With CVS[®] HealthHUB[™], you can be on your **path to better sleep in just over a week**.
- Take a sleep assessment, get the results and access the supplies you might need for treatment.

¹ American Sleep Apnea Association. Sleep apnea information for clinicians. Available at: [Sleepapnea.org/learn/sleep-apnea-information-clinicians/](https://www.sleepapnea.org/learn/sleep-apnea-information-clinicians/). Accessed July 13, 2021.

Why choose CVS HealthHUB for sleep support?



Start on your path to better sleep in **just over a week**, instead of months.



Appointments **on your schedule** — 7 days a week, including evening hours.



Personalized support from the screening to the results and beyond.

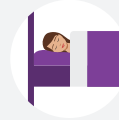


Support and supplies you may need, **all in one convenient place, close to home**.

Treating obstructive sleep apnea may help:



Lower your risk of cardiovascular disease and more



Improve your sleep quality and help you feel more rested



Increase your energy and improve your mood



Get started today and you could be on your path to better health in a week.



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Sleep apnea assessment performed by a MinuteClinic® nurse practitioner or physician assistant. If appropriate, your MinuteClinic provider may prescribe a home sleep test to be provided by an independent third-party provider. Sleep test interpretation and diagnosis of obstructive sleep apnea is performed by an independent provider.

For a complete list of participating pharmacies in your community, please go to **Aetna.com** and use our provider search tool.

Not all services are covered. See plan documents for a complete description of benefits, exclusions and limitations of coverage. Plan features and availability may vary by location and are subject to change.

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