

# Welcome to SleepCharge

Wake up to a brighter world!



All  
employees  
are eligible

## Get your personalized sleep report

Complete the Sleep Checkup to get your personalized sleep report, which includes an analysis of your Duration, Timing & Quality (DTQ). Use your report to lay the foundation for sleep improvement.

## Access to Sound Sleeper

Explore our virtual, self-guided library of sleep education and guided bedtime mindfulness, to help you achieve a healthier sleep lifestyle.

Health plan  
members  
are eligible

## Receive sleep health support

From sleep coaching to treatment for sleep disorders such as insomnia, sleep apnea and restless legs syndrome, SleepCharge provides proactive and virtual sleep care tailored to your needs.

**To get started, take the Sleep Checkup by  
visiting [sleepcharge.com/epcmed](https://sleepcharge.com/epcmed)**

All confidential medical information obtained through SleepCharge will be maintained in accordance with federal HIPAA requirements.



YOUR GUIDE TO

# The SleepCharge Journey



1

## The Sleep Checkup

Get a quick online assessment of your sleep.

2

## Evaluation & History

Tell us more about your medical history and sleep concerns.

3

Available to eligible health plan members

## Virtual Consultation

Discuss your sleep concerns with a physician through a telemedicine appointment.

4

## Testing & Diagnostics

Complete any test needed for an accurate medical diagnosis.

5

## Continuous Virtual Care

Follow your personalized treatment plan with support at every step.



## Currently being treated for a sleep disorder?

Now is the time to move your care and experience the SleepCharge difference. Call 877-615-7257, option 2.



Get started with the  
Sleep Checkup at  
[sleepcharge.com/epcmed](https://sleepcharge.com/epcmed)