



March 1, 2026

Dear member or parent/legal guardian of member,

We're proud to offer benefits and services that help you live a healthy life. Starting April 1, 2026, Highmark Blue Cross Blue Shield (Highmark BCBS) will cover medically necessary home sleep studies.

Sleep is important for good overall health. If you're not sleeping well due to a sleep disorder, it can affect other areas of your life including mood, motivation and productivity. This benefit is offered to Highmark BCBS Medicaid members who are 18 years of age or older. Home sleep studies are a voluntary alternative to lab-based sleep studies but are not always a medically appropriate alternative. Talk to your provider to determine if this option is appropriate for you. Receiving this service will not affect your Medicaid eligibility or benefits.

If you have questions, we're here to help.

- Log in or register your online account to chat with a live person or send us a secure message. To get started, visit our website at **www.bcbswny.com/stateplans**.
- Call Member Services at **1-866-231-0847 (TTY 711)** Monday through Friday, 8:30 a.m. to 6:00 p.m. Eastern Time.

Sincerely,

Highmark Blue Cross Blue Shield

Enclosure: Get help in another language

www.bcbswny.com/stateplans

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