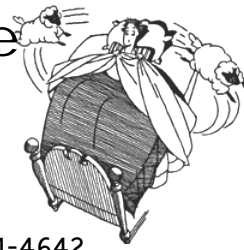




Diana Guth and Home Respiratory Care Staff Present



“Sleepy Hollow Holiday News”

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No.19 Vol. 1

Sleepy Hollow News

Winter 2014

Home Respiratory Care is Here to Serve our Loyal Patients

You will receive the same excellent, attentive, one-on-one personalized service, expert Respiratory Therapy guidance & state-of-the-art equipment CPAP / BiLevel PAP devices and mask choices to which you are accustomed.

Keep coming to us! Tell your friends about us! We are the Experts!

- **Mask Fitting:** There are *always new, more comfortable masks!* Come in, try them on!
- **Respiratory Therapy Consultation:**
 - Data Download/Report for you or your physician
 - Check out your machine
 - Discuss your present sleep situation & receive advice
- **Repair & provide a loaner during the repair time (we can bill Medicare for this)**
- **Pick up some filters, Mask Wipes, tube covers, stuffed sheep**
- **Buy a small travel machine with or without a small battery**
- **Buy a 2nd Used CPAP or Bilevel PAP** (very reasonably priced!) for a second home or keep it packed for travel
- **Provent™** - An alternative treatment for sleep apnea; requires a prescription
- **Theravent™** - A treatment for snoring which DOES NOT require a prescription
- **Handy Hint: You can use your Flexible Spending Account or Health Savings Account!**

Verus Medical: Our Medicare Partner

- Because of the many changes in healthcare and specifically Medicare, HRC has had to make adjustments to our business focus. We are not direct Medicare providers for CPAP, BPAP & supplies any longer, however, we have partnered with Verus Medical to best serve our Medicare PAP patients
 - **If you have Medicare,** we can arrange for Verus to send and bill for covered supplies on your behalf
 - **If you have Medicare,** we can arrange for Verus to get you a **replacement PAP** (if it has been 5 years since you received your present one).
 - **If you have a Medicare Advantage Plan, we might be able to directly bill Medicare. We can check your insurance.**

New Respiratory, Sleep Products & Respiratory Therapy Provided by HRC

- **NEW FDA-cleared SOLUTION for primary Restless Legs Syndrome (RLS) patients! Relaxis™**, the only FDA cleared medical device, improves quality of sleep using external vibratory counterstimulation to the affected area that allows the sufferer to fall asleep without having to get out of bed. HRC is the exclusive distributor for L.A. and Ventura Counties
- **SoClean2 CPAP Automatic Sanitizer:** Works without taking the PAP equipment apart & equipment stays dry
- We carry the **AffloVest** to treat people who suffer from Bronchiectasis and Cystic Fibrosis
- We are caring for more patients who need to use **noninvasive ventilators** (not part of Competitive Bidding)
- We offer the **Fisher & Paykel Airvo 2** that brings breathing relief to patients diagnosed with COPD through high flow humidification therapy
- We have adopted a proven **COPD Disease Management Program** and are reaching out to the hospitals with it
- **Hospices & Skilled Nursing Facilities** call us to provide respiratory care & devices for their patients
- We are going direct to the public in a variety of ways. Lots of people need help with CPAP and **WE ARE THE EXPERTS! WE CAN HELP! Spread the word!**
- We invite you to visit our website: www.hrcsleep.com and our Facebook Page www.facebook.com/HRCSleep
- We are Network Providers with Tricare, Citizens Choice, Multiplan and Fortified Provider Network.

We can still provide service to all patients who need products or Respiratory Therapist consultations. If a company that you were directed to after leaving HRC is not able to provide the equipment or service you need, please know **WE CAN HELP!**

New and Current Equipment and Accessories

We stay on the cutting edge of new & improved sleep & home respiratory products. We seek products that are comfortable, effective and reliable.

Alternative to CPAP Therapy

Provent Therapy by Theravent, inc. may be used as an alternative to CPAP treatment for Obstructive Sleep Apnea. It consists of small adhesive valves applied over each nostril. That's it! It may also be considered as an optional treatment while traveling or camping. Leave your CPAP at home. Ask your doctor if you might benefit from this therapy. Requires a prescription.

Treatment for Snoring

Theravent does not require a prescription! Works similar to Provent but it is one adhesive with one valve that covers both nostrils. It's easy!

CPAP Sanitizer

SoClean2 sanitizes without taking it apart. It kills 99.9% of PAP bacteria without water or any chemical

CPAP Devices

Somnetics Transcend CPAP

The Transcend CPAP is great for travel & camping. They are small & light weight (1 lb). Optional Accessories: Heated Humidifier, single night and multi-night batteries, and a solar battery charger.

ResMed Airsense 10 PAPs

The new, user friendly, very quiet & compact ResMed PAP platform complete with a built-in Heated Humidifier & new AutoRamp feature. Comes in CPAP, Auto CPAP, Auto CPAP for Her & Bilevel versions.

New "Full Face" Masks

ResMed AirFit F10

ResMed AirFit F10™ Full Face Mask with Headgear is the lightest full face mask on the market. With only 4 parts, it is 45% lighter and even more comfortable than the original Mirage Quattro.

Fisher & Paykel Simplus

The RollFit Seal "rolls" back and forth on the bridge of the nose to adjust automatically to reduce pressure on the bridge of the nose. The ErgoForm

Headgear is ergonomically designed to self-locate high on the rear of the head, allowing for unrestricted head movement for optimal performance.

New Nasal Masks &

Nasal Pillows

ResMed AirFit N10™

Simple by design, the **AirFit N10™** nasal mask has been reduced to a sleek, minimal interface that is lightweight and easy to fit. This version is similar to the earlier Nano nasal mask, except it has innovative magnetic headgear clips and improved stability.

ResMed Airfit P10

This nasal pillows style interface is probably the lightest and simplest to use to date. It has an elastic headgear with no Velcro adjustment. The nasal pillows are easy to assemble/disassemble and clean!

Philips Respironics Nuance

It's the very first gel nasal pillows mask available. The headgear stays in place during therapy. It's lightweight yet durable. Some who have had comfort concerns with other nasal pillows interfaces, find this to be an excellent alternative.

Large Variety of Masks

We also carry less common or hard to find masks. Please note some older style masks may have been discontinued. We will likely have a mask design that is even more comfortable than your old out date mask. Call US!

Need an Extra or Backup PAP?

We have several **INEXPENSIVE** (\$100 - \$300!), previously owned PAP devices. We also have some **NEW** earlier models that have **never been used** (including the popular **ResMed S8s**) at bargain prices! If you need one as a backup device, for travel, or to keep in another residence, please contact us. Call HRC for more

information.

Thank You!

Our "family" at HRC, is very thankful that you have trusted us with providing you with your sleep & respiratory therapy needs. We will continue to provide you with the best service & equipment you deserve.

Happy Holidays & Sweet Dreams!

*From Diana & David Guth,
Glenn, Brad, Tom, Lisa, Sally,
Rita, Jill, Flor, Pam, Jalmer, & Diane*



Websites

The following websites offer more information about sleep apnea and treatment:

National Sleep Foundation:

www.sleepfoundation.org

American Sleep Apnea Association:

www.sleepapnea.org

ResMed's Sleep Apnea Support
Community

www.WakeUptoSleep.org

Talk About Sleep:

www.talkaboutsleepp.com

Resmed Corp.

<http://resmed.com/en-us/>

Respironics

<http://maskfamily.respironics.com/>

Fisher & Paykel Healthcare

<http://www.fphcare.com/>

Somnetics

www.mytranscend.com

For the Relaxis

<http://sensorymedical.com/relaxis-device-2/>

For the AffloVest

www.afflovest.com