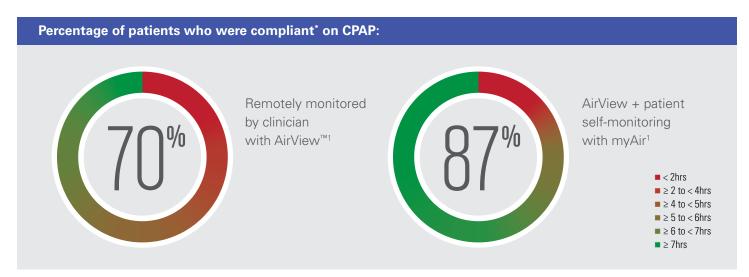


Achieving compliance with self-monitoring The Science of Progress

128,000-patient study finds self-monitoring achieves better compliance rates

Digital self-monitoring and clinical management tools improve patients' adherence to treatment – one of the biggest issues in healthcare today – according to a study by ResMed.

The observational study included more than 128,000 people with sleep apnea whose continuous positive airway pressure (CPAP) devices allow for their therapy to be remotely monitored by their clinician or by the patients themselves via myAir[™], ResMed's cognitive, behavior-based patient engagement app for the web and iPhone[®].



myAir gives CPAP users the tools to stay engaged and compliant



Nightly sleep score

The myAir score allows your patients to track their own sleep data, and helps increase compliance by taking technical measurements like mask seal and usage and turning them into a simple metric that patients can easily understand.



Empower patients to stay compliant

Your patients will receive timely feedback on their progress, as well as interactive coaching and reinforcement to help them manage their sleep therapy.



Personalized educational tools

myAir's sleep library features how-to instructions, tailored support materials and videos that cover a variety of topics, including how to best fit a specific mask and achieve maximum comfort.

*CPAP compliance, as defined by the U.S. Center for Medicare & Medicaid Services, requires using CPAP 4 hours a night for 70% of nights in a 30-day span within the first 90 days of therapy. 1 Crocker, M et al. Chest. 2016; 150(4_S):1269A-1269A.

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