

Wake up to a brighter day™



Benefits of The SleepCharge® Program

ALL sleep health services are now offered to SEFL members effective 1/1/23, including OSA (Obstructive Sleep Apnea, Complex and Central Apnea), Insomnia, RLS (Restless Legs Syndrome) and CRD (Circadian Rhythm Disorders). Each eligible member at risk for a sleep disorder(s) will receive a teleconsult with a SleepCharge physician board certified in sleep medicine to determine the best course of action, which may include diagnostic home sleep testing and a personalized treatment plan.

Non Regulated - All Sleep Services

Employees, spouses, and adult dependents on the SEFL Health Plan are eligible for all SleepCharge services.

Member start by taking the Sleep Checkup™ at <https://sleepcharge.com/sefl/>.

Members already on treatment for sleep apnea are encouraged to transfer care to SleepCharge by calling 877-615-7257, option #2.

Care and medical management, sleep coaching, supplies and retesting, as medically necessary, are included in one simple annual fee.



Regulated Drivers - Sleep Apnea

SEFL regulated drivers requiring Sleep Apnea services can contact:

Chris Reynolds
Director of Safety & Security
Office: 1-803-939-3263
Direct: 1-800-637-7335 ext. 33263
Cell: 1-770-500-5904
Chris.Reynolds@sefl.com

Regulated Drivers - Health Plan

Regulated drivers on the SEFL Health Plan are eligible for non-Apnea services through the plan and can proceed by taking the Sleep Checkup at <https://sleepcharge.com/sefl/>.