

PATIENT HME

Awareness Program



The HME (Heat and Moisture Exchanger) Awareness Program is designed to help you establish and maintain a day/night routine using HMEs.

Atos



WHAT YOU'LL GET

Benefits of enrolling in the HME Awareness Program:

- ▶ **Education** on the benefits of two HMEs per day on coughing, mucus, and sleep
- ▶ **Development of personal goals**
- ▶ **Personalized weekly support** with a Clinical Navigator
- ▶ **Symptom tracking tools** to monitor changes

- ▶ Potential for **improved pulmonary health** with consistent use of two HMEs per day
- ▶ **Insurance assistance** if your coverage limits access to the quantity of HMEs prescribed to meet your health needs and lifestyle
- ▶ **Assist with real world data collection** on barriers patients face in adhering to prescribed HME usage

Our goal is to **SUPPORT** you by providing:

- Education on HME options and usage
- Guidance as per the IFU (Instructions for Use)
- Evidence-based insights on the purpose and benefits of HMEs
- Help in overcoming barriers to obtaining your needed supplies

Research has shown that **regular 24/7 use of HMEs** may lead to the following benefits within a short period of time:

- **Less mucus**
- **Reduced coughing**
- **Easier breathing**
- **Better sleep**

Optimal use of HMEs includes wearing the HME with the highest humidification level that feels comfortable for each activity. Higher humidification is typically tolerated at night.

HOW IT WORKS

Program details:

- ▶ **Duration:** 4-6 weeks
- ▶ **Components:**
 - Initial and Wrap-up Questionnaires
 - Weekly contact with a Clinical Navigator
 - Symptom tracking tool
 - Wear two different HMEs per day
 - Daytime HME (new one every day)
Any HME – you may choose more than one type of HME
 - Nighttime HME (new one every night)
Home or Night HME
 - 3-month follow-up
- ▶ **Communication methods:** Your choice of phone, email, or US mail
- ▶ **Cost:** There is no cost for the program, but you are responsible for any product costs not covered by your insurance

This program focuses exclusively on HME options prescribed by your medical provider.

Patient criteria:

- Your Atos prescription must include Provox Life products
- Your Atos prescription must include a minimum of 60 HMEs/month
- If you are interested, but do not meet the criteria, please contact us below and we can explore personalized options with you



NEXT STEPS

To enroll or for more information **SCAN HERE** ▶

Visit: www.atosmedical.us/resources/hme-awareness-program-self-referral

Call: 1(800) 217-0025 and ask to speak with a Clinical Navigator.

Email: clinicalnavigator-casemanagement@atosmedical.com

A Clinical Navigator will respond to you within five business days.



The HME Awareness Program builds on the success of the HME Awareness Pilot which ran from July 2024 – January 2025.

PARTICIPANT OUTCOMES:

- ▶ 88% experienced a positive change
- ▶ 59% experienced a decrease in coughing
- ▶ 53% experienced a decrease in mucus
- ▶ 59% experienced improvement in sleep
- ▶ 90% achieved their personal goal

COMMENTS FROM HME AWARENESS PILOT PARTICIPANTS:

"It really does make a difference using the different HMEs at the appropriate times."

"There was a decrease in the number of times needed to suction on most days."

"It reduced the amount of coughing up mucus and not having to constantly clean my TEP."

"For the first time, I was able to go to a family event with confidence. I wouldn't be coughing constantly and having to clean my stoma."

"It is a major difference when you use the nighttime HME every night."

"Nights are good. Caked up mucus isn't as bad in the morning."

"I definitely have more energy. I'm definitely getting more sleep."

References

1. Ward EC, Hancock K, Boxall J, et al. Post-laryngectomy pulmonary and related symptom changes following adoption of an optimal day-and-night heat and moisture exchanger (HME) regimen. *Head & Neck*. 2023; 45(4): 939-951. doi:10.1002/hed.27323
2. Longobardi, Y., J. Galli, T. Di Cesare, et al. (2022). "Optimizing Pulmonary Outcomes After Total Laryngectomy: Crossover Study on New Heat and Moisture Exchangers." *Otolaryngology Head Neck Surg*: 1945998221086200.

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