

# Veteran Discussion Guide



**eXcite<sup>OSA</sup>**

Clinically proven daytime therapy for  
mild obstructive sleep apnea and snoring<sup>1-2</sup>

eXcite<sup>OSA</sup>® is a non-invasive, FDA-authorized device that provides a convenient daytime therapy and does not require a night-time wearable. It improves the muscle function of the tongue through stimulation therapy. This trains the upper airway to remain open during sleep, thereby improving sleep quality.<sup>1-2</sup>

**20**

minutes  
a session

**1**

time  
each day

**6**

weeks

Phase 1

**2**

times per  
week

Phase 2

## Why Veterans Choose eXcite<sup>OSA</sup>

- FDA-authorized and clinically proven
- Daytime therapy without the need for a night-time wearable
- Only 20 minutes a day
- Non-invasive
- Convenient, portable, hand-held device

Scan here to learn more:

Or visit  
[exciteosa.com/healthcare-professionals](https://exciteosa.com/healthcare-professionals)

For additional support, call  
+1 844 MildOSA (645-3672)





# Talk with your VA provider about your snoring and mild sleep apnea



An important step to understanding how to better manage your snoring and mild sleep apnea is to have a conversation with your VA healthcare provider. Use this printable guide to help start the conversation with your VA healthcare team to see if eXcite<sup>OSA</sup> is right for you.

## Doctor Discussion Questions:

What are the indications for eXcite<sup>OSA</sup>?

How does eXcite<sup>OSA</sup> work?

What can I expect during therapy?

How is eXcite<sup>OSA</sup> different from other therapies?

Will you be informed of my progress with the therapy?



Notes: \_\_\_\_\_  
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## How to Order:

### 1. HCP submits order to prosthetics

Enter product number:  
#13010 - eXciteOSA Transoral Neuromuscular Therapy Device, Starter Pack

#18010 - eXciteOSA Transoral Neuromuscular Therapy Device, Starter Pack with Remote

(Mouthpiece Replacement Pack - #16000)

### 2. Prosthetics selects vendor

Enter Vendor: Rotech is Signifier Medical's premier authorized government distributor for eXcite<sup>OSA</sup>

(For completion of a new vendor form, submit to: [vacontracts@rotech.com](mailto:vacontracts@rotech.com))

### 3. Prosthetics submits PO and VA consult

Submit all POs and VA consults to Rotech by fax to:  
**866-274-0780**

**Your eXcite<sup>OSA</sup> device may be provided to you directly by your VA or it will be mailed to you by Rotech.**

**REFERENCES:** 1. Wessolleck E, Bernd E, Dockter S, Lang S, Sama A, Stuck BA. Intraoral electrical muscle stimulation in the treatment of snoring. *Somnologie* 2018;22:47-52. 2. Baptista PM, Martinez Ruiz de Apodaca P, Carrasco M, Fernandez S, Wong PY, Zhang H, Hassaan A, Kotecha B. Daytime neuromuscular electrical therapy of tongue muscles in improving snoring in individuals with primary snoring and mild obstructive sleep apnea. *J Clin Med* 2021;10:1-11.

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