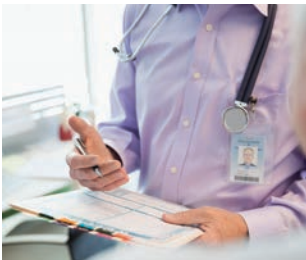


Getting Started with Oxygen



Connect with Your Doctor

- To determine which type and how much oxygen is right for you, your doctor will perform certain tests.
- These tests will measure the amount of oxygen in your blood during rest, exercise and sometimes sleep.
- Be sure to talk with your doctor about your needs and lifestyle.
- Explain what you would like to be able to do while using oxygen and any concerns you might have about getting started.



Get a Certificate of Medical Necessity

- Your doctor will provide you with a certificate of medical necessity that says you need supplemental oxygen.
- Confirm this certificate says exactly the type and amount of oxygen you will need.



Find an Oxygen Supplier

- An oxygen supplier is a company that is responsible for filling your order and delivering your oxygen.
- Your oxygen supplier is not your doctor and cannot make decisions for you about your oxygen.
- Once you have your equipment, you generally cannot change the type of equipment or type of delivery system for five years.
- If you need something changed about your oxygen, you need to discuss it with your doctor and get a new certificate of medical necessity.



Learn How to Use It

- A representative from your oxygen company (sometimes referred to as Durable Medical Equipment or DME company) will teach you how to use your oxygen when it is delivered.
- It is important to use the oxygen safely and only as directed.
- You must use the exact rate of oxygen prescribed for each activity.
- Don't increase or decrease the amount without asking your healthcare provider first.
- Supplemental oxygen is a medicine. It's not addictive and causes no major side effects when used as directed.
- Use a pulse oximeter to measure your oxygen levels at home.