

## Why participate in the Diabetes Care Rewards Program

We'll help you improve your health and reduce your risk of heart disease and stroke. And, you'll get \$0 copays on covered diabetes medications and supplies.

### How to get your \$0 copays



# Register on the *Good Health Gateway*® website at GoodHealthGateway.com

Or, call our *Good Health Gateway* HelpLine at (800) 643-8028 Monday through Thursday 8:30 am - 6:00 pm and Friday 8:30 am - 5:00 pm EST.



# Submit a "Provider Confirmation Form" to verify completion of the required medical exams and lab tests listed below.

Any of the exams/labs completed in the past year will count toward the requirement.

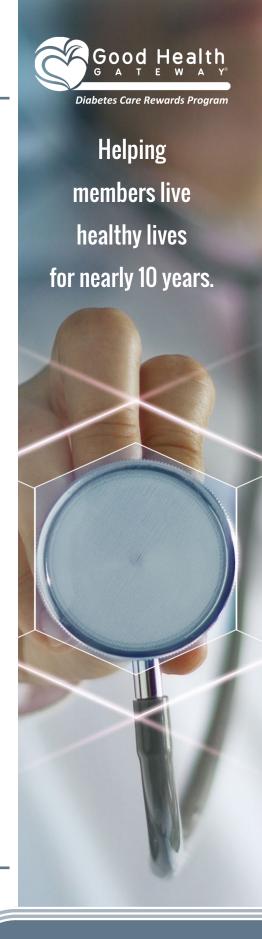
- Annual foot exam.
- Annual eye exam
- Annual laboratory work-up of your fasting blood lipid levels
- Annual laboratory work-up of your urine/ protein levels
- Laboratory work-up of your Hemoglobin A1c levels every 6 months



Get \$0 copays on covered diabetes medications and supplies using your *Good Health Gateway* Rx Rewards Card at your local, in-network pharmacy or through OPTUMRx® Home Delivery when the program requirements are met.

Cape Cod Municipal Health Group is committed to helping you achieve your best health status. Rewards for participating in this wellness program are available to employees and their dependents on a Cape Cod Municipal Health Group health plan who meet the program requirements. If your doctor determines you do not need one of the activities required in this program, they can simply indicate not needed beside that requirement, and you will receive credit for this requirement.

Participation in the program is voluntary and confidential. HIPAA privacy and security standards are used to ensure the protection of your healthcare information.



800.643.8028 GOODHEALTHGATEWAY.COM

## This program is administered by Abacus Health Solutions and sponsored by your employer/health plan sponsor through the Cape Cod Municipal Health Group.

#### Available to the following member employers of the Cape Cod Municipal Health Group:

Barnstable County
Barnstable Fire District
Bourne Recreation Authority
Bourne Water District
Buzzards Bay Water District
Cape Cod Collaborative
Cape Cod Light Compact

Cape Cod Lighthouse Charter School Cape Cod Regional Technical School Cape Cod Regional Transit Authority

Centerville, Osterville, Marston's Mills Fire District

Cotuit Fire District
County of Dukes County
Dennis Water District
Dennis-Yarmouth RSD
Hyannis Fire District

Martha's Vineyard Charter School Martha's Vineyard Commission Martha's Vineyard Land Bank Martha's Vineyard Refuse Martha's Vineyard RSD

Martha's Vineyard Regional Transit Authority

Mashpee Water District

Monomoy RSD Nauset RSD

North Sagamore Water District

Oak Bluffs Water District

Orleans, Brewster, Eastham, Groundwater Protection District

Sandwich Water District

**Up-Island RSD** 

Upper Cape Cod Regional Vocational Technical School

Veterans Services of Cape Cod

West Barnstable Fire District

Aquinnah Barnstable Brewster

Towns of:

Chatham Chilmark Dennis Eastham Edgartown Falmouth

Gosnold Harwich Mashpee Oak Bluffs Orleans

Provincetown

Tisbury Truro Wellfleet West Tisbury Yarmouth

### For employees and their covered dependents insured through one of the following Cape Cod Municipal Health Group sponsored health plans:

Blue Cross Blue Shield of Massachusetts

Blue Care Elect Preferred PPO, Network Blue HMO, Master Health Plus, Blue Cross HSA\* qualified health plan

Harvard Pilgrim Health Care

HMO, PPO, Harvard Pilgrim HSA\* qualified health plan

This program is not available to retirees on Medicare supplemental health plans.

<sup>\*</sup>Some restrictions may apply. Please call our HelpLine at 800-643-8028 if you have questions.