

# Get Paid for Managing Your Diabetes

The **Optima Health Diabetes Management program** provides you with the support you need to keep your diabetes under the best possible control. We encourage you to work with your doctor to develop and stick with a treatment plan.



Earn up to **\$300** when you successfully complete the program!

## Medical Participation Criteria



you are a covered employee, spouse, or dependent enrolled with Optima Health through a City of Chesapeake medical plan



you are in active treatment for diabetes



you complete the medical program criteria

Diabetic supplies are covered at 100%  
(see Benefits Summary for details)

Questions? Call 1-866-503-2730 or email [mylifemyplanrewards@sentara.com](mailto:mylifemyplanrewards@sentara.com)



## CITY OF CHESAPEAKE: A HEALTHIER YOU

This program begins on **January 1, 2023** and ends on **December 31, 2023**. Covered employees, spouses, and dependents enrolling in the program after September 30, 2023 will be accepted, but will not be able to complete the program in its entirety and will not receive the incentive.

### Medical program criteria:

- 👍 visit with physician at least once a year
- 👍 obtain twice yearly A1c testing
- 👍 obtain annual urine microalbumin and LDL cholesterol testing, a dilated eye exam, and regular foot exams
- 👍 follow treatment plan as prescribed by your provider to include appropriate nutrition and activity

### Information about the incentive payout:

All incentives earned will be credited to your HealthEquity® account. Incentive dollars may be used on copayments; coinsurance; deductibles (if applicable); and covered prescriptions, services, and supplies. Payouts are distributed monthly.

Employees enrolled in the Consumer-Driven Health Plan and Health Savings Account must report incentive money earned on their W-2. This will be processed by the City of Chesapeake Finance Department.

Incentive money earned by employees enrolled in the HMO, POS, or PPO health plan is processed through a Health Reimbursement Account and does not need to be reported on the employee's W-2.

