

Respiratory Disease Management Program



The Sentara Health Plans Respiratory Disease Management program provides you with information to help keep your asthma and/or chronic obstructive pulmonary disease (COPD) under the best possible control. Members are encouraged to work with their physician to develop and stick with a treatment plan. If you have been diagnosed with asthma and/or COPD and are the primary subscriber enrolled with Sentara Health Plans through a Portsmouth Public Schools benefit plan, you may be eligible to earn incentives by participating in the program.

Criteria for medical program participation

- Member is currently in active treatment for asthma or COPD
- Visit with physician at least once a year
- Speak with a Sentara Health Plans coach at least once every three months
- Develop an asthma or COPD management plan and an appropriate nutrition and activity plan

All incentives earned will be credited to your paycheck. Incentive dollars earned will be credited in the quarter after the completion of the required criteria.

By successfully completing the medical participation criteria below, you may be eligible to earn up to \$200 in incentives.

Criteria for pharmacy program

In addition, those employees enrolled in the program whose conditions require medication may be eligible for \$0 copayments on Tiers 1 and 2 COPD/asthma medications.



To get started, contact us at 1-866-503-2730

This program begins on January 1 and ends on December 31. Employees and covered spouses enrolling in the program after the end of the first quarter will be accepted but will not be able to complete the program in its entirety, therefore the incentive may be less. Please check with your Sentara Health Plans coach for your specific payout schedule.



Criteria	Reward for completion
Enrollment in program and first contact with Sentara Health Plans coach	\$50.00
Contact with Sentara Health Plans coach at least every three months	\$150.00
Total potential incentive	\$200.00

Note: Members will be assigned a care manager to assist them with this program. Your care manager will help you with any and all disease states that you have, however, you can only enroll in one disease management incentive program. If you are, or become, pregnant during this program, you may be eligible to receive incentives for both the Disease Management Program you are enrolled in and the Partners in Pregnancy Program. Disease management conditions include a separate incentive payment for pharmacy adherence. In order to be eligible for the pharmacy incentive, you must be taking medication(s) prescribed for the management of that specific condition. Our care manager can assist you with any questions you may have regarding the incentive program and your condition. All requirements must be met in order to receive any incentive payments.

Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

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