

Diabetes Management Program



Earn 300 wellness points

The Sentara Health Plans Diabetes Management Program provides you with information to help keep your diabetes 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 diabetes and are enrolled with Sentara Health Plans through a City of Suffolk benefit plan, you may be eligible to earn incentives by participating in the program. To get started, contact us by calling **1-866-503-2730** or emailing **mylifemyplanrewards@sentara.com**.

Program criteria¹

- Communicate with Sentara Health Plans coach at least once every three months during the year
- Maintain compliance with medication, including taking medications as prescribed and refilling appropriately (must complete every six months to continue to receive pharmacy copayment discount)
- Actively receiving treatment for diabetes
- 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

¹ This program begins on January 1 and ends December 15. Members can enroll at any time during this period.

Reward for completing program

Reward

- \$0 pharmacy copayments on Tier 1 and Tier 2 diabetes medications (discount applies to both retail and mail-order pharmacy and is applied within 72 business hours)
- Program completion: 300 wellness points



If you do not meet all the requirements by December 15, the pharmacy copayment reduction will be removed January 1. You will not be able to re-enroll until the following year. Members who meet all criteria will continue with their pharmacy copayment reduction.

**For more information,
contact us at 1-866-503-2730 or
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