

Sentara Health Plans Disease Management Programs

Did you know that Sentara Health Plans has disease management programs to help you improve your health?

All members who have Sentara Health Plans medical coverage and been diagnosed with diabetes, coronary artery disease (CAD) and/or congestive heart failure (CHF), hypertension, asthma, and/or chronic obstructive pulmonary disease (COPD) may be eligible to earn wellness points and a medication copayment reduction for medication copayment reduction (for medications used to treat these conditions) by participating in a disease management program. Contact Sentara Health Plans at 1-866-503-2730 for program eligibility and criteria.

Members are encouraged to work with their physician to develop and follow a treatment plan.



Earn up to 300 wellness points and a medication copayment reduction when you successfully complete a program!

Disease Management Programs

- Cardiovascular Disease Management Program
- Diabetes Disease Management Program
- Respiratory Disease Management Program

If you do not meet all the requirements by December 15, the medication 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 medication copayment reduction.

To learn about program requirements and enroll, contact Sentara Health Plans at 1-866-503-2730.