

Respiratory Disease Management Program



Earn 300 wellness points

The Sentara Health Plans Respiratory Disease Management Program provides you with information to help keep your asthma and/or 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 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 asthma or COPD
- Visit with physician at least once a year
- 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 asthma and/or COPD 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
mylifemyplanrewards@sentara.com**

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.