

DISEASE MANAGEMENT

# Cardiovascular Disease Management Program



The Sentara Health Plans Cardiovascular Disease Management Program provides you with information to help keep your coronary artery disease (CAD) and/or congestive heart failure (CHF) 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 CAD and/or CHF and are the primary subscriber enrolled with Optima Health through a Portsmouth Public Schools benefit plan, you may be eligible to earn incentives by participating in the program. By successfully completing the medical participation criteria below, you may be eligible to earn up to \$200 in incentives.

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.

## Criteria for Pharmacy Program

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



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

## Criteria for Medical Program Participation

- member is currently in active treatment for CAD or CHF
- visit with physician at least once a year
- obtain annual testing of LDL cholesterol levels and blood pressure
- speak with an Sentara Health Plans coach at least once every three months
- develop a CAD or CHF management plan and an appropriate nutrition and activity plan

This program begins on January 1 and ends on December 31. Employees 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
<b>Total Potential Incentive</b>	<b>\$200.00</b>

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Health Plans



*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. Your 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.*