

## DISEASE MANAGEMENT

# Respiratory Disease Management Program



## Earn 300 Wellness Points

The Optima Health 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 Optima Health 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](mailto:mylifemyplanrewards@sentara.com).

### Program Criteria<sup>1</sup>

- communicate with Optima Health 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

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

## Reward for Completion of 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)

Disease Management Program Completion - 300 Wellness Points

**If you do not meet all the requirements by the end of the year, 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](mailto:mylifemyplanrewards@sentara.com)**



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