

DON'T FORGET TO ENROLL!

Optima Health Incentive Program



Manage Your Health:

Whether you already manage your condition or need extra help, you can save on healthcare expenses by joining the Optima Health Incentive Program. All members covered by the Optima Health plan are eligible for this program.

Members who enroll in the Optima Health Incentive Program will receive one-on-one health coaching.

How to Join:

- visit optimahealth.com/cova
- check the **timeframes** for enrolling or re-enrolling according to your plan year
- select **Incentive Programs**

You can also request to participate by calling member services at 1-866-846-2682.



Optima Health will waive the medical deductible for the member and their family when they join. We will also waive pharmacy copayments for certain prescriptions.

Incentive Program Requirements:

Asthma/COPD

- take your asthma medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- have an annual wellness exam with your healthcare provider
- get a flu shot

Hypertension

- take your hypertension medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- have an annual wellness exam with a healthcare provider

Diabetes

- take your diabetes medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- follow up with your doctor or healthcare provider at least once a year
- have at least one HbA1c test each plan year