

Cardiovascular Disease Management Program



The Sentara Health Plans Cardiovascular Disease Management Program provides members with the support they need to manage a very complex condition. Coronary Artery Disease (CAD) is a disorder that causes the major blood vessels surrounding the heart to become damaged or diseased. Congestive Heart Failure (CHF) occurs when the heart muscle doesn't pump blood as well as it should. Our overall program goal is to help members establish good self-management practices that improve outcomes, prevent complications, and reduce acute hospital admissions.

Information about the incentive payout:

All incentives earned will be credited to your HealthEquity® account. Incentive dollars may be used on copayments; coinsurance; deductibles (if applicable); and covered prescriptions, services, and supplies. Payouts are distributed monthly. Employees enrolled in the Consumer-Driven Health Plan and Health Savings Account (HSA) must report incentive money earned on their W-2. This will be processed by the City of Chesapeake Finance Department. Incentive money earned by employees enrolled in the HMO, POS, or PPO health plan is processed through a Health Reimbursement Account (HRA) and does not need to be reported on the employee's W-2.

You can earn up to \$100 when you successfully complete the program!

Medical program criteria:

- Annual visit with their primary care physician to include blood pressure measurement
- Annual testing for LDL and cholesterol levels
- Follow treatment plan as prescribed by your provider to include appropriate nutrition and activity

Medical participation criteria:

- You are a covered employee, spouse, or dependent enrolled with Sentara Health Plans through a City of Chesapeake medical plan
- You are in active treatment for coronary artery disease or congestive heart failure
- You complete the program criteria

Questions?

Call **1-866-503-2730** or email
mylifemyplanrewards@sentara.com

