

Cardiovascular Disease Management Program



Earn 300 Wellness Points

The Optima Health 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 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.

Program Criteria¹

- 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 CAD or CHF
- visit with physician at least once a year
- obtain annual testing of LDL cholesterol levels and blood pressure
- 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 Completion of Program

Reward

\$0 pharmacy copayments on Tier 1 and Tier 2 CAD/CHF 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

