

DISEASE MANAGEMENT

Diabetes Management Program



The Optima Health Diabetes Management program provides you with information to help keep your diabetes 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 diabetes and are the primary subscriber, covered spouse, or dependent enrolled with Optima Health through a City of Chesapeake medical 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.

This program begins on January 1 and ends on September 30. Employees, covered spouses, and dependents enrolling in the program after June 30 will be accepted, but will not be able to complete the program in its entirety and will not receive the incentive.

All incentives earned will be credited to the employee’s Choice Strategies account, or to the employee’s HealthEquity account (if participating in the Health Savings Account—please see reverse side for more info). Incentive dollars may be used on Copayments, Coinsurance, Deductibles (if applicable), and covered prescriptions, services, and supplies.

Incentive dollars earned by September 30 will be credited in October.

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. Your Care Manager can assist you with any questions you may have regarding the incentive program and your condition. All criteria must be met in order to receive the incentive payment.

To get started, call 1-866-503-2730 or email mylifemyplanrewards@sentara.com

Medical Participation Criteria	
Currently in active treatment with physician for diabetes	
Visit with physician at least once a year	
Obtain twice yearly A1c testing	
Obtain annual urine microalbumin and LDL cholesterol testing, a dilated eye exam, and annual foot exams	
Development of a diabetes management plan and an appropriate nutrition and activity plan	
Compliance with prescribed diabetes medication (i.e., taking medicine as prescribed and getting refills on time)	
Total Potential Incentive	\$200.00



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Information for Employees Enrolled in a Health Savings Account

Employees enrolled in the Consumer Driven Health Plan and Health Savings Account must report incentive money earned on their W2, to be processed through 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 and does not need to be reported on the employee's W2.

