



Good Health Gateway[®] Diabetes Care Rewards Program

Managing
your Diabetes
has its own
Rewards.

Plus we'll give
you a few more.

BROUGHT TO YOU BY YOUR MUNICIPAL EMPLOYER THROUGH THE MINUTEMAN NASHOBA HEALTH GROUP.

WHY PARTICIPATE?

- ✔ Monitoring your diabetes **helps to improve your health.**
- ✔ Managing your diabetes helps you **reduce your risk for heart disease and stroke.**
- ✔ Completing the program steps allows you to **receive diabetes medications and most diabetic supplies for \$0 copays (FREE to you).** When you complete the steps below, we will send you a **GHG Rx Rewards Card** to use at your local, in-network pharmacy or the program specific mail order service, **informedMail™.**

PROGRAM STEPS

Step 1: Register on the Good Health Gateway Diabetes Care Rewards Program website at www.GoodHealthGateway.com

If you do not have access to a computer or you are not comfortable registering online, call our HelpLine. We will be happy to register you and send you information in the mail.

Call us toll-free at (800) 643-8028.

Step 2: Complete each important medical examination and lab test listed below to help you manage your diabetes.

There is a great chance your doctor is already recommending and having you complete these activities.

- ✔ Annual foot exam (*repeat once a year*)
- ✔ Annual eye exam, if recommended by your physician, or physician waiver (*repeat once a year*)
- ✔ Annual laboratory work-up of your fasting blood lipid levels (*repeat once a year*)
- ✔ Annual laboratory work-up of your urine/protein levels (*repeat once a year*)
- ✔ Laboratory work-up of your Hemoglobin A1c levels every 6 months (*repeat every 6 months*)

Many people are already meeting the program requirements and will only need to have their doctor complete the form described in Step 3 below. Health activities you have already completed in the past year count towards meeting the program requirements.

Step 3: Provide us with documentation from your health care provider(s) to show that you have completed the diabetes exams and lab tests listed above in Step 2.

*Please print the Provider Confirmation Form from our website, and give it to your health care provider(s) to complete and fax to us at (877) 378-4480. **Note:** You will need to submit a new form EACH time you update an exam or lab test.*

Participation in the program is voluntary and confidential. Under no circumstances will any medical or health information about you or your participation in this program be shared with your employer.

Available to the following member employers of the Minuteman Nashoba Health Group:

CASE Collaborative
Concord Carlisle Regional School District
Lincoln-Sudbury Regional School District
Narragansett Regional School District
North Middlesex Regional School District

Town of:

- Ayer
- Bolton
- Boxborough
- Carlisle
- Clinton
- Concord
- Groton
- Harvard
- Lancaster
- Pepperell
- Stow
- Phillipston
- Tyngsborough

For employees, retirees, and their covered dependents of the above employers insured through one of the following Minuteman Nashoba Health Group sponsored health plans:

Harvard Pilgrim Health Care
PPO, HMO

Tufts Health Plan
HMO, POS

Fallon Community Health Plan
Direct Care, Select Care

This program is not available to retiree health plans.