



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 SCANTIC VALLEY REGIONAL HEALTH TRUST

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 **continue receiving diabetes medications and most diabetic supplies for \$0 co-pays after your 90-day Introductory Period.** *You can get your \$0 co-pay medications and supplies by using your **GHG Rx Rewards Card** at any in-network retail pharmacy or informedMail®, the mail order service for this program when your 90-day Introductory Period begins.*

PROGRAM STEPS

Step 1: Register on the **Good Health Gateway Diabetes Care Rewards Program website at www.GoodHealthGateway.com** — **You need to register to get your 90-day Introductory Period.** *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 (complete once a year)
- ✓ Annual eye exam, if recommended by your physician, or physician waiver (complete once a year)
- ✓ Annual laboratory work-up of your fasting blood lipid levels (complete once a year)
- ✓ Annual laboratory work-up of your urine/protein levels (complete once a year)
- ✓ Laboratory work-up of your Hemoglobin A1c levels every 6 months (complete 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.