

## Why participate in the Diabetes Care Rewards Program

We'll help you improve your health and reduce your risk of heart disease and stroke. And, you'll get \$0 copays on covered diabetes medications and supplies.

### How to get your \$0 copays



Register on the *Good Health Gateway*<sup>®</sup> website at [GoodHealthGateway.com](http://GoodHealthGateway.com)

Or, call our *Good Health Gateway* HelpLine at (800) 643-8028 Monday through Thursday 8:30 am - 6:00 pm and Friday 8:30 am - 5:00 pm EST.



Submit a "Provider Confirmation Form" to verify completion of the required medical exams and lab tests listed below.

Any of the exams/labs completed in the past year will count toward the requirement.

- Annual foot exam
- Annual eye exam
- Annual laboratory work-up of your fasting blood lipid levels
- Annual laboratory work-up of your urine/protein levels
- Laboratory work-up of your Hemoglobin A1c levels every 6 months



Get \$0 copays on covered diabetes medications and supplies using your *Good Health Gateway* Rewards Card at your local, in-network pharmacy or through OPTUMRx<sup>®</sup> Home Delivery when the program requirements are met.

Cape Cod Municipal Health Group is committed to helping you achieve your best health status. Rewards for participating in this wellness program are available to employees and their dependents on a Cape Cod Municipal Health Group health plan who meet the program requirements. If your doctor determines you do not need one of the activities required in this program, they can simply indicate not needed beside that requirement, and you will receive credit for this requirement.

Participation in the program is voluntary and confidential. HIPAA privacy and security standards are used to ensure the protection of your healthcare information.

Helping  
members live  
healthy lives  
for nearly 10 years.



800.643.8028  
[GOODHEALTHGATEWAY.COM](http://GOODHEALTHGATEWAY.COM)

**This program is administered by Abacus Health Solutions and sponsored by your employer/health plan sponsor through the Cape Cod Municipal Health Group.**

**Available to the following member employers of the Cape Cod Municipal Health Group:**

Barnstable County	Towns of:
Barnstable Fire District	Aquinnah
Bourne Recreation Authority	Barnstable
Bourne Water District	Brewster
Buzzards Bay Water District	Chatham
Cape Cod Collaborative	Chilmark
Cape Cod Light Compact	Dennis
Cape Cod Lighthouse Charter School	Eastham
Cape Cod Regional Technical School	Edgartown
Cape Cod Regional Transit Authority	Falmouth
Centerville, Osterville, Marston's Mills Fire District	Gosnold
Cotuit Fire District	Harwich
County of Dukes County	Mashpee
Dennis Water District	Oak Bluffs
Dennis-Yarmouth RSD	Orleans
Hyannis Fire District	Provincetown
Martha's Vineyard Charter School	Sandwich
Martha's Vineyard Commission	Tisbury
Martha's Vineyard Land Bank	Truro
Martha's Vineyard Refuse	Wellfleet
Martha's Vineyard RSD	West Tisbury
Martha's Vineyard Regional Transit Authority	Yarmouth
Mashpee Water District	
Monomoy RSD	
Nauset RSD	
North Sagamore Water District	
Oak Bluffs Water District	
Orleans, Brewster, Eastham, Groundwater Protection District	
Sandwich Water District	
Up-Island RSD	
Upper Cape Cod Regional Vocational Technical School	
Veterans Services of Cape Cod	
West Barnstable Fire District	

**For employees and their covered dependents insured through one of the following Cape Cod Municipal Health Group sponsored health plans:**

Blue Cross Blue Shield of Massachusetts  
Blue Care Elect Preferred PPO, Network Blue HMO, Master Health Plus, Blue Cross HSA\* qualified health plan

Harvard Pilgrim Health Care  
HMO, PPO, Harvard Pilgrim HSA\* qualified health plan

\*Some restrictions may apply. Please call our HelpLine at 800-643-8028 if you have questions.

*This program is not available to retirees on Medicare supplemental health plans.*