

BROUGHT TO YOU BY YOUR MUNICIPAL EMPLOYER THROUGH THE CAPE COD MUNICIPAL HEALTH GROUP (CCMHG)



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 covered diabetes medications and supplies at no cost to you (\$0 co-pays).** *When you complete the steps below, we will send you a **Good Health Gateway[®] Rx Rewards Card** to use at any in-network retail pharmacy or through **Catamaran[™] Home Delivery.***

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 *(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.*

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
- Barnstable Fire District
- Bourne Recreation Authority
- Bourne Water District
- Buzzards Bay Water District
- Cape Cod Collaborative
- Cape Cod Lighthouse Charter School
- Cape Cod Regional Technical School
- Cape Cod Regional Transit Authority
- Centerville, Osterville, Marston's Mills Fire District
- Cotuit Fire District
- County of Dukes County
- Dennis Water District
- Dennis-Yarmouth RSD
- Hyannis Fire District
- Martha's Vineyard Charter School
- Martha's Vineyard Commission
- Martha's Vineyard Land Bank
- Martha's Vineyard Refuse
- Martha's Vineyard RSD
- Martha's Vineyard Regional Transit Authority
- 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

Towns of:

- Aquinnah
- Barnstable
- Brewster
- Chatham
- Chilmark
- Dennis
- Eastham
- Edgartown
- Falmouth
- Gosnold
- Harwich
- Mashpee
- Oak Bluffs
- Orleans
- Provincetown
- Sandwich
- Tisbury
- Truro
- Wellfleet
- West Tisbury
- Yarmouth

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

Harvard Pilgrim Health Care

HMO, PPO