

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*[®] website at 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 Rx Rewards Card* at your local, in-network pharmacy or through *OPTUMRx*[®] 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**

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 Light Compact
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
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, 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.