

Good Health Gateway® Diabetes Care Rewards Program

Managing your Diabetes has its own Rewards. Plus, we'll give you a few more.

The Diabetes Care Rewards Program is offered by the Cape Cod Municipal Health Group (CCMHG) to members of its self-insured health plan.

This program helps you manage your diabetes and improve your health while giving you the ability to receive diabetes medications and supplies for FREE (\$0 co-pay). Diabetes medications and supplies can be obtained at any in-network retail pharmacy and through *informedRx*® mail order using the **Good Health Gateway CCMHG Rx Rewards Card** provided to participating members. For a list of covered medications and supplies, please go to the www.GoodHealthGateway.com web site.

HOW TO PARTICIPATE

- I. Register at www.GoodHealthGateway.com with a valid e-mail address. Need help or don't have a computer? Contact our HelpLine at (800) 643-8028.

Registering also gives you access to our web site which provides step-by-step instructions in how the program works and guidance to help you succeed in earning the co-payment waivers. It allows us to notify you of your status in the program and give you reminders when you have a health care activity coming due in order for you to maintain your co-pay waivers.

Concerned about privacy and security on the web?

Many people are concerned about web site security. Not to worry! The **Good Health Gateway** web site is both private and secure. HIPAA privacy and security standards are used to ensure the security of your health care information. No health care information will be shared with your employer or CCMHG.

- II. Complete the following important medical examinations and lab tests to help you manage your diabetes.

Please note that the diabetes care activities required for this program are minimum requirements and need to be completed on an ongoing basis.

Your doctor may recommend you do more frequent or additional examinations and testing.

1. Annual foot exam
2. Annual eye exam, if recommended, or physician waiver
3. Annual laboratory work-up of your fasting blood lipid levels
4. Annual laboratory work-up of your urine protein levels
5. Laboratory work-up of your Hemoglobin A1c levels every 6 months

- III. Provide us with a Provider Confirmation Form from your health care provider(s) to show that you have completed the diabetes exams and lab tests listed above.

You can get a **Provider Confirmation Form** from the **Good Health Gateway** web site or by calling our HelpLine at (800) 643-8028.



NOTE:

Once you are up to date on all 5 diabetes care activities, you will be eligible for free diabetes medications and supplies. And you will continue getting free medications and supplies as long as you keep these activities up to date. "Up to date" means it has been less than 6 months since your last HbA1c test and less than 12 months since the remaining lab tests and exams. Your doctor will need to submit a new form each time you update an activity.

Participation in the program is voluntary.

Under no circumstances will any medical or health information about you be shared with your employer or CCMHG.

CCMHG's health plan members who do not choose to participate in the program will have their standard co-payment for diabetes medications and supplies.

**Toll-free HelpLine
(800) 643-8028**

**Fax
(877) 378-4480**

Good Health Gateway® Diabetes Care Rewards Program

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, retirees, 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, Medex Enhanced

Harvard Pilgrim Health Care

HMO, PPO, Medicare Enhance

(800) 643-8028

www.GoodHealthGateway.com