



## 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**

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.



Send us your "Provider Confirmation Form(s)" to verify completion of the required medical exams and lab tests listed below. Upload your forms through the website, send by mail, or fax to 877.378.4480.

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<sup>®</sup> Home Delivery when the program requirements are met.

Minuteman Nashoba 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 Minuteman Nashoba 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 Minuteman Nashoba Health Group.

Available to the following member employers of the Minuteman Nashoba Health Group:

CASE Collaborative

Concord Carlisle Regional School District

Lincoln-Sudbury Regional School District

Narragansett Regional School District

North Middlesex Regional School District

Town of:

Ayer

Bolton

Boxborough

Carlisle

Clinton

Concord

Groton

Harvard

Pepperell

Stow

Phillipston

For employees, active retirees, and their covered dependents of the above employers insured through one of the following Minuteman Nashoba Health Group sponsored health plans:

Harvard Pilgrim Health Care

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

Tufts Health Plan

Advantage HMO, Advantage PPO, Tufts HSA\* qualified health plan

Fallon Community Health Plan

Direct Care, Select Care, 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.