Incentive Programs for COVA Care and COVA HealthAware members.

IF YOU HAVE DIABETES you may get certain diabetic supplies and drugs at no cost.

To qualify you need to:
- Participate in a minimum of quarterly coaching calls.
- Follow-up with your physician each plan year.
- Have at least one HbA1c test each plan year.
- Take your diabetes medications as prescribed by your physician.
- Complete an initial compliance period of 90 days.

IF YOU ARE PREGNANT you can earn a $300 co-pay waiver or HRA contribution.

To qualify you need to:
- Enroll in the Healthy Beginnings program within your first 16 weeks of pregnancy.
- Actively participate in the program.
- Complete the 28 week health assessment.

Learn more about these money-saving incentives by calling:
1-866-938-0349
Monday–Friday 8:30 am–11:00 pm ET
Saturday 9:00 am–2:00 pm ET

If you have a condition, such as these listed below, see inside for health programs designed just for you, at no extra cost.

- Arthritis
- Asthma
- Blood clots
- Breast cancer
- Chronic back pain
- Chronic hepatitis B or C
- Chronic kidney disease
- Chronic neck pain
- Colon cancer
- COPD
- Crohn’s disease
- Cystic fibrosis
- Diabetes
- Disease of leg arteries/PAD
- GERD/gastric reflux disease
- Heart attack and angina
- Heart failure
- High blood pressure
- High cholesterol
- HIV
- Kidney failure
- Leukemia
- Lung cancer
- Lupus
- Lymphoma
- Migraines
- Osteoporosis
- Overweight/obesity
- Parkinson’s disease
- Prostate cancer
- Seizures
- Sickle cell anemia
- Stomach ulcers
- Stroke
- Ulcerative colitis

Programs are available for children and teens with the following conditions:
- Asthma
- Diabetes
- Cystic fibrosis
- High blood pressure
- Sickle cell anemia
- Weight management/obesity

Health coaching can make a difference in your life.

If you have a long-term health condition, are pregnant, or if you just want to take better care of your health, nurse coaches and health coaches are available at no extra cost. All coaching is confidential.
Healthy Insights
if you have a long-term condition

You’ll have your own nurse coach who works with you one-on-one. This close attention gives you the control and help you need to feel your best. Here’s how it works:

• Your nurse coach helps you build a personal plan for better health—a plan that is easy to follow and can work for you!
• You’ll talk with your nurse coach (by phone or Internet chat) whenever you have a question or could use some advice.
• You’ll learn how to reduce your risk of heart disease, stroke and other serious conditions.
• You may be able to lower your blood pressure or cholesterol—even get your blood sugar under control.
• You can lose weight or maintain a healthy weight with help from a registered dietician.
• It’s an opportunity to form a stronger partnership with your doctor. (This service does not replace your doctor in any way.)

You can sign up right now and get started.

If you have a chronic health condition (examples listed on the back of this brochure), then you are eligible for Healthy Insights. Call today, and take the first step towards feeling and being the best you can be!

Healthy Beginnings
if you are expecting a baby

It’s one-on-one help for you and your baby.

Regular phone calls from a personal nurse will help you stay healthy during pregnancy and help you avoid problems and complications.

Healthy Lifestyles
if you care about your health

You may have tried other health programs and gotten nowhere.

Or maybe you’ve never even thought about it.

Whatever your situation, Healthy Lifestyles can help you reach your health goals. And it’s a lot easier than you’d think. You’ll have your own personal health coach who will work with you over the phone on what’s important to you. Do you want to:

• Manage your weight?
• Be more active?
• Quit smoking?
• Eat healthier?
• Deal with stress?

Whatever you want to change, your health coach and your own personal health site—MyActiveHealth.com/COVA—will help you succeed.

Help for your health is mobile, too!

Check out the mobile site, MyActiveHealth.com/COVA, where you can:

• View your health records
• Use trackers and tools to look up relevant information
• See your health alerts, and more!

Sign up before 16 weeks and save!

See the “Incentive Programs” page in this flyer for details about incentives for participation.

Sign up today. There’s no extra cost to you. 1-866-938-0349

Monday–Friday 8:30 am–11:00 pm ET Saturday 9:00 am–2:00 pm ET or go to MyActiveHealth.com/COVA