

Materials Order Form



Portal
Brochure
Paper 80#
Gloss Cover
Print 4/4
process
Flat Size: 17" x
8-1/2"
Finished Size:
8-1/2" x 8-1/2"

Qty: _____



Portal Flyer
Paper 100#
Dull Text
Print 4/0
process
Size 8-1/2" x
11"

Qty: _____



Portal Poster
Paper 100#
Dull Text
Print 4/0
process
Size 18" x 24"

Qty: _____

Materials Order Form



This program helped me make healthy changes that last.

I wish I'd tried it first.

You may have tried other health programs and gotten nowhere. Or maybe you've never even thought about it.

Whatever your situation, Healthy Lifestyle Coaching 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...

- Quit smoking
- Eat more vegetables
- Cope with life stresses
- Train for a run or walk a mile
- Lose weight for a big event

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

How does Healthy Lifestyle Coaching work?

Together, you and your coach will

- Choose the habits you want to work on
- Break larger goals down into manageable steps
- Create a plan that works for you
- Customize your success

Jumpstart your success with online tools

Personal health coaching sessions are part one of the many resources at your disposal. You may also want to use our convenient online tools. Goal setting and progress tracking tools, healthy recipes and much more are available 24/7 for you at MyActiveHealth.com/COVA.

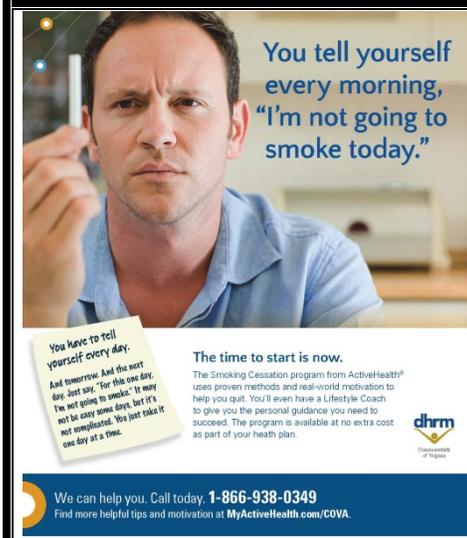
Best of all, Healthy Lifestyle Coaching and all of our online resources are included with your health plan at no additional cost. And, they're so affordable!

To get started, call toll-free: **1-866-938-0349**.
Find more helpful tips and motivation at MyActiveHealth.com/COVA.

COVACARE COVA HDHP COVA HealthAware ActiveHealth

Healthy Lifestyles Coaching Flyer
Paper 100#
Dull Text
Print 4/0
process
Size 8.5" x 11"

Qty: _____



You tell yourself every morning, "I'm not going to smoke today."

You have to tell yourself every day.

And tomorrow. And the next day. Just say, "I'm not going to smoke." It won't be easy some days, but it's not complicated. You just take it one day at a time.

The time to start is now.

The Smoking Cessation program from ActiveHealth® uses proven methods and real-world motivation to help you quit. You'll even have a Lifestyle Coach to give you the personal guidance you need to succeed. The program is available at no extra cost as part of your health plan.

dhrm
Division of Health Resources Management
A Division of Virginia

We can help you. Call today: **1-866-938-0349**
Find more helpful tips and motivation at MyActiveHealth.com/COVA.

COVACARE COVA HDHP COVA HealthAware ActiveHealth

Smoking Cessation Flyer
Paper 100#
Dull Text
Print 4/0
process
Size 8.5" x 11"
Qty: _____

Materials Order Form





You're expecting. Congratulations!
We've got some exciting news, too.

As part of your health benefits, we invite you (or your spouse) to participate in Healthy Beginnings!

It's one-on-one help for you and your baby
Regular phone calls from a personal nurse will help promote healthy behavior during pregnancy and help to avoid problems and complications.

Someone you can turn to for advice
Healthy Beginnings gives you direct access to your own nurse who can help you with the changes you experience during pregnancy. Your nurse can help you:

- Follow a healthy diet and lifestyle
- Understand your prenatal tests and the results
- Find a specialist if you need one
- Recognize the signs of early labor
- Take care of yourself and your newborn after delivery

COVA Care and COVA HealthAware members can earn a \$300 copay 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 and complete a 28-week health assessment

How it works
On your first call, you'll get to know your nurse. Your nurse will set up some telephone appointments to check in from time to time. You can call your nurse whenever you have a question and as often as you like.

It's a free benefit—but you have to sign up
The benefit is free as part of your health plan coverage. But you need to call to get started.

This program is entirely confidential. And remember, the sooner you call, the sooner Healthy Beginnings can be a helping hand for you and your growing family.

Call now to sign up, and we'll send you a free copy of *Baby and Me*, a book packed with helpful information about pregnancy.
Call toll-free 1-866-938-0349



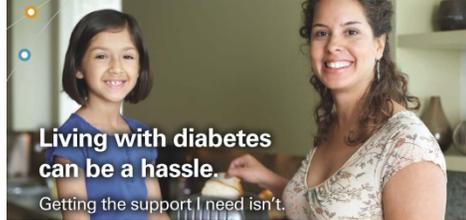
Scan the QR code with your mobile device to get a health alert.






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Healthy Beginnings Flyer
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process
Size 8.5" x 11"
Qty: _____



Living with diabetes can be a hassle.
Getting the support I need isn't.

Living with diabetes day after day can be a challenge. But there are things you can do to make it easier. You can get help and support from a registered nurse who will work with you over the phone. And you can talk to your nurse coach as often as you like.

Your Healthy Insights Nurse Coach will work to help you:

- Learn how to keep your blood sugar in a safe range
- Fit blood sugar checks into your daily routine
- Eat healthy meals and snacks
- Find exercise that's right for you
- Recognize early signs of complications
- Understand the importance of screening tests
- Prepare for doctor visits

COVA Care and COVA HealthAware members with diabetes may get certain diabetic supplies and drugs at no cost. To qualify you need to:

- Participate in a minimum of one coaching call per quarter
- Have a follow-up visit 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 from your enrollment in the program

Who can we help?
Our nurses can help make it easier to live with:

- Type 1 Diabetes
- Type 2 Diabetes

We have programs for:

- Adults of all ages
- Children and teens, ages 2-18

To start working with a nurse coach, call toll-free: 1-866-938-0349



Scan the QR code with your mobile device to get started with Better Coaching






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Diabetes Flyer
Paper 80#
gloss cover
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Size 8.5"x11"
Qty: _____

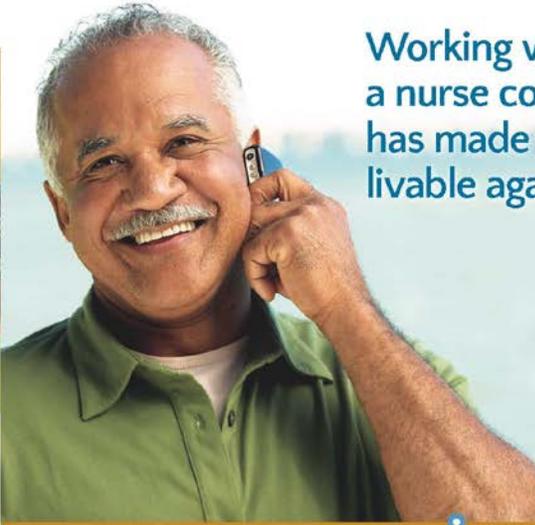
Materials Order Form

If you have a long-term health condition such as the ones below, you can work with a personal nurse coach at no extra cost.

<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Lupus Lymphoma Migraines Osteoporosis Overweight/obesity Parkinson's disease Prostate cancer Seizures Sickle cell anemia Stomach ulcers Stroke Ulcerative colitis <p>Programs are available for children and teens with the following conditions</p> <ul style="list-style-type: none"> Asthma Diabetes Cystic fibrosis High blood pressure Sickle cell anemia Weight management/obesity
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If you feel like a long-term health condition is holding you back, give Healthy Insights a try. It could be the help you need to start getting the most out of life.

Healthy Insights Program



Working with a nurse coach has made livable again.

2-sided
Healthy Insights Brochure
80# gloss cover
Print 4/4
Flat size 17" x 8.5"
Finished size 8.5" x 8.5"
Qty:

You may be contacted and invited to participate. Or you can call right now and join: Call 1-866-938-0349 or go to MyActiveHealth.com/COVA



Scan the QR code into your smartphone and take the first step to a better life.






Be safe. Be smart.

Even if you feel perfectly fine, your numbers could indicate a risk for heart disease, stroke, diabetes and even cancer.



You can get a FREE biometric screening.

It's available to all employees and non-Medicare retiree group participants, their spouses and adult family members who are enrolled in a COVA Care, COVA HDHP or COVA HealthAware health plan.

When it comes to your health, it's so important to know where you stand.

Your basic numbers for cholesterol, blood pressure, blood glucose and Body Mass Index (BMI) are excellent indicators of your general health. Your screening results will be added to your personal MyActiveHealth™ website health record to allow you to track your numbers each year.

You owe it to yourself to get these simple tests.

It's possible to have health conditions such as high blood pressure or high cholesterol and not even know it. The good news is: It's fast and easy to find out. Most of your results just require a simple blood test.

Don't forget to take your Health Assessment to earn premium rewards.

Participants who are eligible for the Premium Reward Program must also complete their Health Assessment. Just log onto MyActiveHealth.com/COVA, complete your Health Assessment and register for a biometric screening. When both requirements are completed within the time limits below, you will earn your premium rewards.

For participants enrolled in COVA Care or COVA HealthAware from July 1, 2013–March 1, 2014, the health assessment and biometrics must be completed and submitted by May 31, 2014.

For participants enrolled in COVA Care or COVA HealthAware effective April 1–July 1, 2014, the health assessment and biometrics must be completed and submitted by August 31, 2014.

Biometric Flyer
Paper 80# gloss cover
Print 4/0 process
Size 8.5" x 11"

Qty:

Three options are available to get your biometric screening:

- LabCorp Patient Service Centers**—You, your spouse and adult family members who are enrolled in a COVA Care, COVA HDHP or COVA HealthAware health plan have the option of having a company-paid screening at a local LabCorp facility. Visit MyActiveHealth.com/COVA to see a list of LabCorp facilities in your area and register for your screening.
- Physician Form**—You may also have your screening done by your physician. However, you would be responsible for any co-pays or costs for testing not covered by your medical plan. Forms for physician tests are available on MyActiveHealth.com/COVA.
- Electronic Documentation**—If available, you may print out a copy of your biometric screening results from your medical provider's website and submit it with a completed physician form. Forms for electronic submissions are available on MyActiveHealth.com/COVA.

Be sure to get your screening done before the dates listed above based on your eligibility.

Register at MyActiveHealth.com/COVA, or call 1-866-938-0349.



Scan the QR code into your mobile device to get a healthy start.






Materials Order Form

Healthy Beginnings

If you are expecting a baby
Regular phone calls from your nurse coach can be a great help during your pregnancy. It makes it easier to stay healthy and detect problems while carrying your baby.

Healthy Beginnings gives you direct access to your own maternity nurse. This can help you:

- Follow a healthy diet and lifestyle
- Understand your prenatal tests and the results
- Find a specialist if you need one
- Be ready when you see the signs of early labor
- Take care of yourself and your newborn after delivery—and much more!



Scan the QR code into your mobile device to get a healthy start.

Do you have one of these conditions.....

See inside for health programs designed just for you, at no extra cost.

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

Programs are available for children and teens with these conditions:

- | | |
|---------------------|---------------------------|
| Asthma | Sickle cell anemia |
| Diabetes | Weight management/obesity |
| Cystic fibrosis | |
| High blood pressure | |



Health coaching

for the important things in your life

- Long-term conditions
- Pregnancy
- Taking care of your health
- Cost savings



Combined Services Tri-fold w/ Incentive Information
80# gloss text
Print 4/4
Flat size 8.5 x 11
Finished size 3.6 x 8.5
Qty: _____

It pays to be healthy

For some long-term health conditions, you may get certain drugs or supplies at **NO COST**



For COVA Care and COVA HealthAware members

Asthma and COPD*

- To qualify you must:
- Take your asthma/COPD medication as directed for a 90-day compliance period
 - Continue to take your medication as directed by your doctor or healthcare provider
 - Speak with a **Healthy Insights** Nurse quarterly, or as directed
 - Have an annual wellness exam with your doctor or healthcare provider
 - Get a flu shot

Hypertension*

- To qualify you must:
- Take your hypertension medication as directed for a 90-day compliance period
 - Continue to take your medication as directed by your doctor or healthcare provider
 - Speak with a **Healthy Insights** Nurse quarterly, or as directed
 - Have an annual wellness exam with your doctor or healthcare provider

Diabetes

- To qualify you must:
- Take your diabetes medication as directed for a 90-day compliance period
 - Participate in a minimum of quarterly coaching calls with a **Healthy Insights** Nurse
 - Continue to take your medication as directed by your doctor or healthcare provider
 - Follow up with your doctor or healthcare provider each plan year
 - Have at least one HbA1c test each plan year

*New starting 07/18

To learn more, call 1-866-938-0348.
You can also contact your health plan:
COVA Care: www.aetna.com/cova or 1-800-552-7682
COVA HealthAware: www.covahealthaware.com or 1-855-414-1901



Scan the QR code into your mobile device to get a healthy start.



Incentive Flyer
80# gloss text
Print 4/4
8.5 x 11
Qty: _____

Please send the selected materials to:

Contact: _____

Company: _____



Materials Order Form

Mailing Address: _____

E-mail: _____ Phone: _____

Date needed in hand: _____

FAX THIS FORM TO: 703-889-4289

If you have questions about this form or the materials please contact Pat Burgess (pburgess@activehealth.net)