

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.

If you have a condition, such as these listed below, 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 | Stroke |
| | Ulcerative colitis |

Programs are available for children and teens with the following conditions:

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



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.

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



Empowering Better Health and Wellness



Empowering Better Health and Wellness

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!

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!



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.



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.
- Feel confident about the signs of early labor.
- Take care of yourself and your newborn after delivery.
- And much more!

Sign up before 16 weeks and save!

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



If gyms aren't your thing, a health coach can help you find activities that are.

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.

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



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