

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

*New starting 7/1/14

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

To learn more, call 1-866-938-0349.

You can also contact your health plan:

COVA Care: www.anthem.com/cova or 1-800-552-2682

COVA HealthAware: www.covahealthaware.com or 1-855-414-1901



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

