



Diabetes Rewards Program

Want to earn up to \$200 in rewards? Start taking steps to effectively manage your diabetes to improve your health and earn gift cards to some of your favorite retailers.

How does it work?

If you have diabetes and are age 18 or older, you are eligible to participate in the program. Each year, you can earn points by meeting targets and submitting your results to Network Health. Then, you can claim your rewards and enjoy your gift cards. Follow the steps below to take advantage of this unique program.

1 EARN YOUR POINTS

When you have diabetes, it's important to take steps toward good health. To earn your points, you must do the following within the established reward time frame.

- Have an A1c test with a result less than 7
- Have an LDL-C test with a result less than 100
- Get your blood pressure checked – it should be 130/80 or lower
- Complete a kidney screening
- Get a dilated retinal eye exam

Complete four of these benchmarks to earn \$50 or complete all five for \$100.

You also have the chance to earn an additional one-time \$50 reward by completing a **Healthy Living with Diabetes** or **Living Well with Chronic Conditions** Workshop.

2 SUBMIT YOUR INFORMATION

After you have completed the screenings and obtained the necessary results, make sure to submit your medical information within the reward time frame. You have two options for submitting your results.

1. Your doctor can provide the information directly to Network Health. Please supply your doctor with the form found in the member portal at login.networkhealth.com under **My Wellness**.
2. If you have access to your own electronic medical records, you can print off the appropriate information and submit it on your own. Just make sure your name and date of birth are showing on the records.

The medical information should be faxed to 920-720-1710 or mailed to 1570 Midway Pl, Menasha, WI 54952
Attn: Diabetes Rewards

If it is unreasonably difficult or medically inadvisable to satisfy any health-activity criteria due to a medical condition we will provide a reasonable alternative.

3 REDEEM YOUR REWARDS

Pay attention to the deadlines because Network Health reviews your information twice each year (in February and August) to see if you have earned rewards. If you submitted your information, visit login.networkhealth.com under **My Wellness** and follow the simple steps that appear. As noted in the chart below, you can redeem your rewards starting March 15 and September 15. Rewards are calculated using the most recent results achieved within the current reward time frame, and rewards expire on December 15 of the current year.

LAST DAY TO COMPLETE SCREENINGS	FINAL DAY TO SUBMIT RESULTS	CHECK AND REDEEM YOUR REWARDS
January 31	February 28	March 15 – December 15
July 31	August 31	September 15 – December 15

Would you like extra help to achieve your benchmarks?

Our care management team can connect you with the resources you need to reach your benchmarks and earn rewards. Contact us if you would like to learn about any of the follow topics.

- **Health coaching services** – Health coaching provides the support you need to get and stay healthy. Work with one of our registered nurses to define your goals and create a solid plan to achieve them.
- **Educational resources** – Knowledge is power. We can make sure you have the information you need to learn more about your condition and how to improve it including a welcome kit, action plans and online tools like Emmi®. Emmi is a series of free, animated online programs that share important information on managing diabetes, nutrition and healthy eating. To access Emmi, visit GoEmmi.com and enter the code **DIABETESREWARDS**.
- **Workshops** - This six-week workshop helps people with type 2 diabetes manage their condition. The workshop is led by two trained leaders, one or both of whom have diabetes themselves. To find dates and times for these workshops, visit wihealthyaging.org, select **Find a Program** or call the Wisconsin Institute for Healthy Aging at 608-243-5690.

If you would like extra assistance to reach your health goals, contact the condition management department at **800-769-3186**. We're available Monday–Friday, 8 a.m. to 5 p.m.

If you have questions about Diabetes Rewards, you can call customer service at **800-826-0940** or **920-720-1300**. You can also visit networkhealth.com and log in to the member portal for more information.