



Respiratory Disease Management Program

Asthma and chronic obstructive pulmonary disease (COPD) are ongoing diseases of the airways in the lungs. The Optima Health Respiratory Disease Management Program provides you with information to help keep your asthma and/or COPD under the best possible control. Members are encouraged to work with their physician to develop and stick with a treatment plan. If you have been diagnosed with asthma and/or COPD and are the primary subscriber enrolled with Optima Health through a Norfolk benefit plan, you may be eligible to earn incentives by participating in the program. By successfully completing the medical participation criteria below, you may be eligible to earn up to \$200 in incentives.

Criteria for Medical Program Participation

- Currently in active treatment for asthma or COPD
- Physician follow up at least once a year
- Speak with an Optima Health Disease Management Health Coach at least once every three months
- Development of an asthma or COPD management plan and an appropriate nutrition and activity plan

Criteria for Pharmacy Program

In addition, those employees enrolled in the program, whose conditions require medication may be eligible to earn an additional \$360 for medication compliance. This means that if over the course of the program you take your medicines and get your refills on time you can earn up to \$360 in incentives.

All incentives earned will be credited to a healthcare debit card for use on Copayments, Coinsurance, and Deductibles, if applicable, for covered prescriptions, services, and supplies. Incentive dollars earned will be credited in the quarter after the completion of the required criteria.

Criteria	Reward for Completion
Enrollment in program and first contact with Health Coach	\$ 20.00
Contact with Health Coach at least every three months	\$ 80.00
Compliance with medication during the first six months of the program	\$ 180.00
Continued contact with Health Coach as required and completion of program criteria	\$ 100.00
Compliance with medication during the second six months of the program	\$ 180.00
Total Potential Incentive	\$ 560.00

This program begins on January 1 and ends on December 31. Employees enrolling in the program after the end of the first quarter will be accepted but will not be able to complete the program in its entirety therefore your incentive may be less. Please check with your Health Coach for your specific payout schedule.

