

Berkshire Health Group Diabetes Care Program



Berkshire Health Group Wellness Program's Diabetes Care program is designed to reward you for managing your diabetes. If you are Diabetic, Pre-Diabetic or concerned about your blood sugar or increased A-1c levels, you are invited to participate in the program and below are the reasons why:

- Managing your diabetes helps to improve your health
- Managing your diabetes helps to reduce your risk for heart disease and stroke
- Completing the program steps allow you to receive a gift card for \$180 (every 6 months) to help off-set the cost for your prescription co-pays. That's \$360 each year for taking good care of you. The program runs yearly, and you can join at any time.
- By purchasing your diabetes medications and supplies through Express Scripts mail order program through BCBS you will be eligible for a 3 month prescription at 1-month co-payment per script.

Program Steps:

1. Register for the program with Beth Piantoni or call (413) 445-9327. Beth will mail you a reminder with the forms you need every 6 months.
2. Complete each important medical examination and lab test listed below to help you manage your diabetes:
 - a. Annual Foot Exam
 - b. Annual Eye Exam
 - c. Annual lab for fasting blood lipid levels
 - d. Annual lab for urine/protein levels
 - e. 6-month Hemoglobin A1c level
3. Provide documentation twice per year (every 6 months) to show that you have completed the exams and lab tests listed above in Step #2 by completing the "Diabetes Care Form" that is part of this mailing. Send the completed form to Jennifer Nykorchuck at 165 Tor Court Pittsfield MA 01201 or by email to jnykorchuc@bhs1.org to receive your first gift card.
4. Jennifer, Clinical Wellness Nurse, will schedule your personalized wellness visit every 6 months to be done either in person or over the phone. This wellness visit is a 30-minute healthy lifestyle coaching session and a mandatory part of the program. You will complete the wellness visit twice a year (every 6 months) and receive a \$180 gift cards each time. The first gift card may be received prior to your wellness coaching with Jennifer, however you will have to complete this visit before any additional payment is presented to you.

Participation in the program is completely voluntary and confidential. Under no circumstances will any medical or health information about your participation in this program be shared with your employer at

This program is available to members of the Berkshire Health Group, self-funded Insurance Group:

Town of Adams	Central Berkshire RSD	Town of Great Barrington
Mt. Greylock RSD	Southwick Tolland RSD	No. Berkshire Voc. Tech. RSD
Town of Williamstown	Southern Berkshire RSD	Adams Cheshire RSD
Berkshire Hills RSD	Town of Lenox	Berkshire County Insurance Group
Town of Lanesborough		

Berkshire Health Group. For more information, please contact Beth Piantoni, BHG Wellness Coordinator at 413-445-9327 or epiantoni@bhs1.org.

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