

Diabetes Care Program

Earn \$360 per year for taking care of YOU!

Program Components

Diabetes Care: Complete and have your doctor sign off on the following screenings: Annual foot exam, eye exam, fasting blood lipids and urine/protein levels and 6-month Hemoglobin A1C levels.

Personal Wellness Coaching: You will get your very own wellness coach to speak with twice per year over the phone or in person! Together you will review your diabetes care plan and set personal wellness goals.

Incentive: \$360 worth of Visa gift cards will be mailed to you each year to reimburse you for the cost of your diabetes medications and supplies.



How to Sign-up:	It's easy and there aren't any deadlines! Contact Beth Piantoni today and you will be mailed all the materials you need.
Dates:	Gift cards are earned twice per year for completing your requirements within each 6 month session. Session 1: January—June = \$180 Session 2: July—December = \$180
How to Participate:	During each session complete the following steps: <ol style="list-style-type: none">1. Complete and submit your up-to-date Diabetes Care Form2. Schedule and complete your wellness coaching (in person or telephonic)3. Receive your \$180 twice per year!

Contact:

BHG Wellness Coordinator
Beth Piantoni
epiantoni@bhs1.org
413-445-9327



Search: Berkshire Health Group Wellness

Berkshire Health
Group & You...



Healthy Together