

Berkshire Health Group Diabetes Care Program



Earn up to \$360 for taking care of your health!

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 Visa Gift Card** (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.

Please complete the following steps before **June 30th, 2021** to receive your next **\$180 Visa Gift Card**.

1. Complete the attached "Diabetes Care Form" with 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
2. Send your completed "Diabetes Care Form" to Beth Piantoni by mail to 165 Tor Court, Pittsfield, MA 01201, by email to epiantoni@bhs1.org or by fax to 413-395-7653
3. Option #1- Register for your coaching appointment with Beth Piantoni at epiantoni@bhs1.org or call (413) 445-9327. Beth will contact one of Wellness Nurse's and one of the Nurse's will schedule your personalized wellness visit to be done 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 meet or talk over the phone with one of our Nurses and receive a **\$180 gift**.

Option #2- You can participate in our Virtual Group Workshop, "**The Benefits of Physical Activity with Diabetes- 30 Minute Group Discussion**". Please look at the dates, and send an email to Beth Piantoni, epiantoni@bhs1.org to register. You will only need to participate in one session to complete your requirement and you will receive your **\$180 gift card**.

March 24th at 12pm- **Register by March 12th**
April 7th at 12pm- **Register by March 31st**
May 12th at 4:00pm- **Register by May 1st**

Diabetes Care Form for Berkshire Health Group

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	Town of Lenox	No. Berkshire Voc. Tech.RSD
Town of Williamstown	Southern Berkshire RSD	Hoosac ValleyRSD
Berkshire Hills RSD		
Town of Lanesborough		

As you know, taking steps to manage your diabetes is extremely important.

Please have your Physician sign off that you are up to date on your important medical examinations:

Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Email: _____

- | | <i>Date</i> |
|---|-------------|
| • Annual Foot Exam | _____ |
| • Annual Eye Exam | _____ |
| • Annual lab for fasting blood lipid levels | _____ |
| • Annual lab for urine/protein levels | _____ |
| • 6-month Hemoglobin A1c levels | _____ |

Physician or Endocrinologist: _____ Contact number: _____

Signature of Physician

Send your completed "Diabetes Care Form" to Beth Piantoni by mail to 165 Tor Court, Pittsfield, MA 01201, by email to epiantoni@bhs1.org or by fax to 413-395-7653

Your first \$180 gift card may be received prior to your wellness visit with the nurse, however you will have to complete this visit before any additional payment is presented to you.

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
- Southern Berkshire RSD
- Hoosac Valley RSD
- Town of Williamstown
- Town of Lenox
- Town of Lanesborough
- Berkshire Hills RSD
- No. Berkshire Voc. Tech. RSD

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