It pays to be healthy

For some long-term health conditions, you may get certain drugs or supplies at NO COST

For COVA Care and COVA HealthAware members

**Asthma and COPD***
To qualify you must:
• Take your asthma/COPD medication as directed for a 90-day compliance period
• Continue to take your medication as directed by your doctor or healthcare provider
• Speak with a Healthy Insights Nurse quarterly, or as directed
• Have an annual wellness exam with your doctor or healthcare provider
• Get a flu shot

**Hypertension***
To qualify you must:
• Take your hypertension medication as directed for a 90-day compliance period
• Continue to take your medication as directed by your doctor or healthcare provider
• Speak with a Healthy Insights Nurse quarterly, or as directed
• Have an annual wellness exam with your doctor or healthcare provider

**Diabetes**
To qualify you must:
• Take your diabetes medication as directed for a 90-day compliance period
• Continue to take your medication as directed by your doctor or healthcare provider
• Participate in a minimum of quarterly coaching calls with a Healthy Insights Nurse
• Have an annual wellness exam with your doctor or healthcare provider
• Follow up with your doctor or healthcare provider each plan year
• Have at least one HbA1c test each plan year

*New starting 7/1/14

To learn more, call 1-866-938-0349.
You can also contact your health plan:
COVA Care: www.anthem.com/cova or 1-800-552-2682
COVA HealthAware: www.covahealthaware.com or 1-855-414-1901

Scan the QR code into your mobile device to get a healthy start.