

A diabetes health program with incentives to help save you money.

If you or a dependent family member have been diagnosed with prediabetes or diabetes, or are at risk with high blood pressure and high cholesterol, you will be enrolled* into the Diabetes Health Plan—a program designed to help remove financial barriers that can stand as obstacles to taking various health actions, which may lead to better health.

* If you choose to opt out of this program, forms are available on dhp.healthmine.com.

Health actions.

In exchange for meeting evidenced-based health actions, you may receive benefits such as reduced or waived copays on diabetes-related office visits, medications and supplies—a potential savings of hundreds of dollars each year. Examples of health actions may include:

- Seeing your doctor for primary care and specialty office visits.
- Getting labs for cholesterol, blood glucose and kidney function tests.
- Getting cancer screenings such as colonoscopy (every 10 years) and mammography (women 50+ every 2 years).**
- Getting a retinal exam (for diabetes only).**

** The benefit associated with this recommended health action may be covered by your UnitedHealthcare medical plan. See your plan for coverage details.

Track and manage your condition.

Get help to stay on top of your diabetes with tools such as a personal health action scorecard, and Diabetes Self-Management Education resources, available through a secure member website at dhp.healthmine.com.



For more information:

Please visit dhp.healthmine.com.

Diabetes Health Plan is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. If your provider determines that a health action is not medically appropriate for you, you may qualify for a different way to earn the incentive. Please have your provider complete the Provider Information section of the Health Actions Notification Form. Contact us at 1-866-944-9001, TTY 711, 8 a.m. – 8 p.m. ET, Monday – Friday if you have any questions. Recommended health actions may be covered by your benefit plan. Be sure to check your benefit plan for specific coverage details.

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