Manage your blood pressure and diabetes

Time to schedule your exams

Aetna Better Health of Virginia wants our members to manage their conditions well. If you've been diagnosed with diabetes and/or, high blood pressure, you should be seeing your Doctor throughout the year to support managing your condition. If you have diabetes and/or high blood pressure, ask your doctor to check your blood pressure at every visit. If you have diabetes, ask your doctor for a kidney evaluation, and to order an A1c blood test. You will also want to see your eye doctor once a year for a diabetic eye exam. If you need help finding a PCP or eye doctor, call Member Services at **1-800-279-1878 (TTY: 711).**

Members who have these services and report back to the Aetna Better Health of Virginia may be eligible for the following incentives:

- Blood Pressure (Less than 140/90) **$15** - Date of visit: _____
- A1C Blood Test (Less than 8) **$15** - Date of visit: _____
- Diabetic Eye Exam (for members with Diabetes) **$10** - Date of visit: _____
- Kidney Health Lab Test (for members with Diabetes) **$10** - Date of visit: _____

Find out what other rewards and added benefits you may be eligible for by scanning the QR code or by visiting AetnaBetterHealth.com/Virginia.

Please note: There may be an annual limit on your total incentive amount that you could receive per calendar year.

All services must be completed by December 31 of this year.

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Aetna Better Health® of Virginia

Member or provider, complete this form and fax it back to us at **844-203-0020** or email to **QualityManagementPrograms@Aetna.com**.

Wellness rewards form (limit of one of each wellness reward per year)

Member name (print) _____

Member ID # _____

Address _____

City _____ State _____ ZIP code _____

Phone number _____

Date of birth _____

Provider's name _____

Provider ID # _____

Provider address _____

City _____ State _____ ZIP code _____

Provider phone number _____ Provider email address _____

☐ Blood Pressure (Less than 140/90) $15 - Date of visit: _____

☐ A1C Blood Test (Less than 8) $15 - Date of visit: _____

☐ Diabetic Eye Exam (for members with Diabetes) $10 - Date of visit: _____

☐ Kidney Health Lab Test (for members with Diabetes) $10 - Date of visit: _____

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

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