

If you would like more information on
Sweet PHP Rewards, please call
1-800-982-6257, ext. 321.

Resources

PHP Diabetes Care Coordinator
(260) 432-6690, ext. 321
sbeard@phpni.com

Physicians Health Plan
(260) 432-6690, ext. 321
1-800-982-6257

Online at www.phpni.com

MyHealth 24/7 - update your personal
health risk assessment

Health Education Answers - learn more
about diabetes management

American Diabetes Association
1-800-DIABETES
www.diabetes.org



Sweet PHP Rewards

A diabetes management
incentive program



The insurance your health deserves.

8101 West Jefferson Blvd.
Fort Wayne, IN 46804

www.phpni.com

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The insurance your health deserves.



Managing your diabetes will improve your overall health and save you money!

Sweet PHP Rewards is a free diabetes management program designed to provide encouragement and education for making healthy lifestyle changes. We focus on health topics such as meal planning, checking blood sugar and taking medications.

To begin the program, you must: 1) have PHP as your primary insurance; 2) complete a health risk assessment (HRA); and 3) sign a program contract. The HRA asks questions about your current health and lab test results such as A1C, cholesterol and triglycerides. You will be contacted by our Diabetes Care Manager to discuss the results of your HRA and your plan for making your first healthy lifestyle change. You will receive informational materials specifically selected just for you.

Your specific benefit plan will determine the type of reward received. Rewards are either in the form of a gift card or no copays for specific items such as diabetes lowering medications, certain blood pressure medications that help protect your kidneys, and statin medications that help regulate your cholesterol.

Building your Rewards:

Level 1

- Begins after the first 30 days
- Reward for diabetic supplies

Level 2

- Begins after 6 months
- Level 1 reward with the additional reward for glucose lowering medications

Level 3

- Begins after 12 months
- Level 1 and 2 rewards with the additional reward for certain medications to control blood pressure*

Level 4

- Begins after 18 months
- Level 1-3 rewards with the additional reward for certain medication to control cholesterol*

Level 5

- Begins once you have completed 2 years in the Sweet PHP Rewards program and have successfully completed levels 1-4
- Rewards will continue for an additional year for glucose lowering medications and testing supplies

*Contact the Sweet PHP Rewards team for details.

Program Requirements

Follow this checklist to help you stay current with the Sweet PHP Rewards program.

Getting Started

- Complete an online personal health risk assessment at www.phpni.com or call for a paper copy
- Return your signed contract

Daily

- Check your feet and blood sugar
- Take your medications
- Follow your doctor's diabetes exercise and meal plan

Monthly

- Send glucose logs to PHP every 30 days, until you reach Level 5

Yearly

- Check lipids
- Complete a yearly dilated eye exam
- Have your urine checked for protein

Ongoing

- If you smoke, make a plan to quit
- Check your A1C every 3-6 months
- Check your blood pressure
- Refill prescriptions

