

Hypertension Care Rewards Program

Get the support you need to manage your condition—at no cost.

How the program works

1. Contact AchieveHealth® Health Coaching to enroll in the Hypertension Care Rewards program. You may receive a call from an AchieveHealth® representative for an opportunity to enroll.
2. Work with a Health Coach to establish a care plan to manage your high blood pressure or explore new ways to help achieve your health priorities.
3. As you work with your Health Coach, you will be eligible for rewards after each appointment.

Rewards are based on a by-appointment approach as you progress with your Coach.

1st Appointment: Receive a free blood pressure monitor certificate redeemable at a participating BMC Pharmacy.

Note, you must complete at least one appointment and become active in the program to be eligible to redeem.

2nd Appointment: Receive your generic high blood pressure/hypertension medications for a \$0 copay*.

3rd Appointment: Receive a free fitness band and personalized exercise program.

6th Appointment: Receive your fitness reimbursement of up to \$300, plus additional incentives and cost savings.

** In order to qualify for the \$0 copay benefit, medications must be filled at the BMC pharmacies or through BMC's Cornerstone Home Delivery, and you must complete at least six appointments to continue to be eligible.*

Ways your Health Coach can help

- Establish a care plan with your Health Coach tailored to your personal health goals
- Explore new ways of incorporating lifestyle changes that will help you maintain your goals
- Communicate with your Health Coach outside of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information

Before your first appointment

Download your Gaps in Care Health report at portal.hpiachievehealth.com to review with your Health Coach. If you need help downloading your report, we can walk you through the steps on the first call.

The Hypertension Care Rewards program is free for eligible members, voluntary and confidential. Contact *AchieveHealth* for more information or to enroll in the program.

If you have questions or would like to enroll, call *AchieveHealth* at 866-234-4635.