

Hypertension Care Rewards Program

AchieveHealth®

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 from *My Plan* to review with your Health Coach. Simply log in to your account and visit the **My Health and Wellness** section in the main menu. If you need help or have any questions, give us a call.

The Hypertension Care Rewards program is free for eligible members, voluntary and confidential.



Enrolling online is easy! Scan the QR Code or visit enroll.hpiachievehealth.com (enrollment code: bmc) to schedule your health coaching appointment today.

Prefer to enroll over the phone? Give us a call at 866-234-4635

Boston Medical Center
HEALTH SYSTEM

