

To become an active member of the TakeControl program and receive the \$0 fee benefits plan incentive, you must complete the following commitment pledge and at least one session with a TakeControl educator. If you haven't already, please call (228) 205-7667 (Ingalls) or (757) 327-4183 (Newport News) to schedule a session.

Participant's First Name

Last Name

Date of Birth

Phone Number

Email Address *(This will be used to communicate with the Participant/Legal Guardian/Power of Attorney through QuadMed Secure Messaging.)*

Provider's Name

Check condition(s) you are enrolling for: ☐ Asthma ☐ COPD ☐ Diabetes
☐ High blood pressure

ANNUAL PROGRAM REQUIREMENTS FOR ACTIVE MEMBERS

Requirement	Asthma	COPD	Diabetes		High blood pressure
			A1c ≤ 9%	A1c > 9%	
TakeControl educator sessions	•	• •	• •	• • • •	•
Primary care provider visits	•	• •	• •		•
A1C tests			• •	• • • •	
Respiratory Assessment (ACT, TRACK, CAT)	•	• •			
Health Metric Review (BP, Pulse Ox)	•	• •	• •		•
Physical activity completion	•	•	•		•
Nutrition activity completion	•	•	•		•
Be tobacco-free or actively trying to quit	✓	✓	✓		✓

By completing this form, I am requesting to become an active member in the TakeControl condition management program. I understand that my participation in this program is voluntary and that I will only be able to qualify for the benefits associated with this program if I meet, and continue to meet, the requirements outlined for my condition(s). If I do not complete the annual requirements, I understand that my \$0 fee benefits plan incentive will be terminated. This commitment is effective until the end of my current program year and will renew each year unless I notify a TakeControl educator or team member that I would like to end my participation as an active member in the program.

By my signature below I acknowledge my understanding of the criteria as set forth above.

Signature of Participant

Date

Signature of Parent/Legal Guardian/Power of Attorney *(circle as applicable)*

Date

**Please return to the
TakeControl team:**

Drop off: HII Family Health Center
or

Email: TakeControl@quadmedical.com