

### TAKECONTROL EDUCATOR SESSIONS

- TakeControl educators will work with you to create a customized care plan based on your current health status and will provide ongoing education and training to help you control your condition(s).
- There is never a cost or limit for sessions.
- Depending on your location, sessions may occur in person, over-the-phone or virtually.
- Please have a current medication list available prior to your first session with a TakeControl educator.
- If you have diabetes, please have glucose meter and blood sugar logs available if you have them.
- You are encouraged to invite your spouse and/or other family members to participate in sessions.

### ACTIVE MEMBERS

- As part of the HII benefits plan TakeControl program incentive, active members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center – meaning all health care, physical therapy and lab visits are provided at no cost.
- A TakeControl educator will discuss the commitment pledge, as well as the educator sessions, medical provider visits, lab work and well-being activities you are required to complete to maintain the benefits plan incentive.
- It is your responsibility to schedule and complete all necessary sessions, medical provider visits, lab work and well-being activities.
- It is your responsibility to return the necessary documentation to the TakeControl team.
  - Your QuadMed medical provider visit information and lab results are automatically captured for your program records.
  - If you see a condition specialist outside of QuadMed, the TakeControl Provider Assessment form is used to document office visits and program requirements.
  - Participants are required to inform their TakeControl educator or a TakeControl team member that they have completed their physical and nutrition well-being activities.
- The TakeControl team will regularly monitor your progress and will help you stay on track.
- While reasonable notice will be provided, if you do not complete the annual requirements by your anniversary date for all your enrolled conditions, your \$0 fee incentive will be discontinued.

### TAKECONTROL BENEFITS

- Free, unlimited access to a team of registered nurses and certified diabetes care and education specialists who specialize in managing asthma, COPD, diabetes and high blood pressure, as well as registered dietitian nutritionists and wellness coaches who can help you make healthy lifestyle changes.
- Valuable information and resources that can help you control your condition(s) and improve your health.
- The convenience of in-person, over-the-phone or virtual sessions.
- \$0 fees on all QuadMed-operated services at the HII Family Health Center, including health care, physical therapy and lab visits for active members.

### RELEASE OF MEDICAL RECORDS

- You may be asked to release condition-related medical records to QuadMed. These records allow educators to coordinate your care with your current medical provider(s).
- If you currently see a QuadMed provider for primary care, there is no need to release your medical records as your records are already in our system.

**The TakeControl team is here as a resource for you. If you have any questions or concerns, email [TakeControl@quadmedical.com](mailto:TakeControl@quadmedical.com) or call us at (757) 327-4183 (Newport News), (228) 205-7667 (Ingalls).**