

Health actions are based on recommendations by the American Diabetes Association for treating pre-diabetes and diabetes, and the American Cancer Society for preventive cancer screenings. Please note that some health actions will not apply to all members. Please see your individual scorecard for a list of your required health actions.

The doctor visits, screenings and frequencies needed to receive the enhanced benefits may be different from the care plan designed by you and your doctor. Your doctor knows what is best for you and your health. The health actions should not replace the care plan designed by you and your doctor.

If you have completed a health action more than 90 days ago that does not appear on your scorecard, you may use the Health Actions Notification Form to submit proof of your completed actions.

Health Action	Why is this required?	How often is it required?	Additional notes
<b>1. Doctor visits</b>	Diabetes and pre-diabetes are complex conditions requiring clinical support from your doctor.	2 per year	The program requires you to see your doctor at least twice per year but you should see your doctor as often as the two of you feel is appropriate.
<b>2. Hemoglobin A1c</b>	This blood test measures how well your blood sugar levels have recently been under control.	2 per year	The program requires you to have a blood test at least twice per year and more often if your doctor feels appropriate. Individuals with pre-diabetes are not required to have this test.
<b>3. Cholesterol (LDL)</b>	This test measures the 'bad' cholesterol in your blood.	1 per year	This program requires your cholesterol test include a report of your LDL (bad cholesterol).
<b>4. Creatinine or urine test for microalbumin</b>	These tests measure how well your kidneys are functioning.	1 per year	This program requires that individuals with diabetes have at least one of these tests each year. Individuals with pre-diabetes are not required to have these tests.
<b>5. Dilated retinal eye exam</b>	This eye exam helps identify vision problems that could be the result of diabetes.	1 per year	This program requires that individuals with diabetes have at least one dilated retinal eye exam each year. Individuals with pre-diabetes are not required to have this exam.
<b>6. Online health coach module or telephonic wellness program *optional*</b>	Online health coach and telephonic wellness programs provide information and tools specific to your health conditions. Knowledge of your conditions and actions that you can take to improve your health are the first steps toward a healthier lifestyle.	1 per year for online health coach modules. Varies for telephonic wellness coaching, please speak to your coach for details.	This an optional program. If you should choose to participate in this program it is requested that you complete your health assessment and either a telephonic wellness program or a minimum of one of the recommended online modules. To get started, log in to myuhc.com® and click on "Health Assessment." The assessment takes about 15 minutes to complete and you will get immediate feedback on your health. Online modules may include diabetes lifestyle, heart health, nutrition, exercise and weight management. Each module has five levels and there is a 7-day waiting period between each. Wellness coaching programs may include diabetes, exercise, weight management, heart health, nutrition, stress, and/or tobacco cessation.
<b>7. Colon cancer screening</b>	These tests help detect colon cancer and one is required for members age 50 or older. The frequency for this requirement varies by the type of test.	Varies by screening type <ul style="list-style-type: none"> <li>• Colonoscopy – every ten (10) years or</li> <li>• Flexible sigmoidoscopy – every (5) five years or</li> <li>• Fecal occult – every year</li> </ul>	This program requires people age 50 or older to complete one of the following health actions: <ol style="list-style-type: none"> <li>1. Colonoscopy every ten years</li> <li>2. Flexible sigmoidoscopy every five years</li> <li>3. Fecal occult every year</li> </ol>
<b>8. Mammogram</b>	This screening detects breast cancer in women, and is only required for women age 40 or older.	1 every 2 years	This program requires women age 50 or older to complete a mammogram every two years.
<b>Other - Prostate specific antigen (PSA)</b>	This blood test helps identify prostate cancer. It's a good idea for men to discuss this test with their doctor, but the PSA test is not required.		