



Taking  
Control  
of Your  
Health

204 West Cook Street / Springfield, Illinois 62704  
www.myhealthrx.org / starlin-tcoyh@ipha.org / 1-888-944-9090

December 2019

Welcome Back to the City of Chicago's Taking Control of Your Health Program (TCOYH) Diabetes Self-Management Program for the 2020 year.

As a reminder, since 2009, The Illinois Pharmacists Association (IPhA) and the Midwest Business Group on Health (MBGH) have partnered to provide employers and their covered employees with the chronic disease management program, Taking Control of Your Health (TCOYH).

The program is designed to increase your knowledge and understanding of your condition while learning about proper diet, exercise and stress management techniques to adopt healthy behaviors to manage and improve your diabetes. Participants in this program will have private, face to face counseling sessions with a personal diabetes coach, a specially trained pharmacist who works closely with the participant and their physician, to learn how to better manage and monitor their chronic conditions (diabetes, high blood pressure, cholesterol), and support the effective use of their medications.

**As an active participant, you must do the following:**

- Schedule and attend visits with your Pharmacist-Coach **each quarter** of 2020
  - 1 visit per quarter (up to 5 hours/year) must take place within:
    - Quarter 1-JanFebMar
    - Quarter 2-AprMayJun
    - Quarter 3-JulAugSep
    - Quarter 4-OctNovDec
  - Quarterly visits need to be scheduled no later than the 15<sup>th</sup> of January, April, July, and October.
- Share your **A1C and Lipid Cholesterol lab results** with your Pharmacist-Coach

**Active Participants receive the following TCOYH exclusive benefits:**

- **Waived copays** for generic diabetes medications (including generic ACE's and ARBs for high blood pressure) listed on the CVS/Caremark 2020 formulary (There are not any generic diabetes treatment supplies)
- **Reduced copays** for branded diabetes medications (including branded ACE's and ARBs for high blood pressure) and diabetes treatment supplies listed on the CVS/Caremark 2019 formulary
- **Access** to a dedicated specialized diabetes education Pharmacist-Coach

**No re-enrollment necessary!**

**Contact your Pharmacist-Coach in the coming weeks, but no later than January 15<sup>th</sup> to schedule your first quarter visit!**

Have questions? Can't remember who your Pharmacist Coach is?

Letters will be sent at the beginning of January to remind you of your Pharmacist Coach, their contact number, and the TCOYH Code of Conduct.

**Any Questions Please Call TCOYH at (888) 944-9090**

Taking Control of Your Health – My HealthRx

Email: [starlin-tcoyh@ipha.org](mailto:starlin-tcoyh@ipha.org) Website: [www.ipha.org](http://www.ipha.org) Fax: (217) 522-7349

TCOYH Website: [www.myhealthrx.org](http://www.myhealthrx.org) TCOYH Help Line: 1-888-944-9090

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