



Manage your hemoglobin A1c. You could earn \$100 to use toward your out-of-pocket costs.

If you have diabetes, you know that monitoring your hemoglobin A1c is important. Discussing your A1c with your doctor can help you manage your diabetes. To encourage this, your health plan offers a \$100 wellness incentive credit.

To earn the credit, provide your most recent hemoglobin A1c result between **January 1 and December 31.*** The A1c result must be less than 8% to earn the incentive.

Return the doctor verification form by December 31, 2026

To claim your credit, ask your doctor to complete the enclosed form. They should then return it to us by the end of the year. Once we review your results, and you've met these health goals, we'll put \$100 into your Wellness Incentive Account.

If your hemoglobin A1c is 8% or higher, refer to the official Plan brochure section 5(h) for other ways to earn this incentive. Or send an inquiry to our secure email address for more information.

Your doctor can send the form to us by:

- Secure fax to: **1-855-792-8210**
- Secure email to: GeneralQMFEHBFFS@Aetna.com
- Regular mail to: **Rural Carrier Benefit Plan
P.O. Box 14079
Lexington, KY 40512-4079**

*We can't accept any results outside of this timeframe. The doctor who ordered the hemoglobin A1c test must sign their name and add their professional credentials to the form.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). This is a brief description of the features of this Aetna health benefits plan. Before making a decision, please read the plan's applicable federal brochure(s). All benefits are subject to the definitions, limitations and exclusions set forth in the federal brochure. Incentive-based activity awards will only be given for completing select wellness programs as determined by the plan sponsor.

HIPAA Notice

We understand physicians' concerns about confidentiality and releasing medical records. Be assured that our data collection efforts comply with Health Portability and Accountability Act (HIPAA) regulations. All of the information is confidential.



Hemoglobin A1c Doctor Verification Form

To earn the credit, provide your most recent hemoglobin A1c test result done between January 1 and December 31. We can't accept any results outside of this timeframe.

ALL FIELDS ARE REQUIRED

Member name: <FName> <LName>

DOB:

Plan member ID#: <Member_ID>

The hemoglobin A1c test result must be from 2026. The test result must be less than 8% to earn the wellness incentive. If your hemoglobin A1c result is 8% or higher, refer to the official Plan brochure section 5(h) for other options to earn this incentive or send an inquiry to our secure email address for more information.

Date of service:	HgbA1c result:
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I attest that the information is correct and applies to the above member for the dates of service given. A plan representative may contact your office to verify or clarify the information, if necessary.

Doctor name and credentials: _____

Doctor signature and date: _____

Return this form by December 31, 2026.

Please return this form directly to Aetna® via any of these options:

- Secure fax to: **1-855-792-8210**
- Secure email to: GeneralQMFEHBFFS@Aetna.com
- Regular mail to: **Rural Carrier Benefit Plan**

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