Condition Management Incentive Program

Princeton has designed a program that aims to help you and your eligible dependents manage certain health conditions, specifically High Blood Pressure, High Cholesterol and Obesity, through health coaching and the removal of financial barriers to care.

The Condition Management Incentive Program is offered in partnership with My Health Coach and is administered by TrestleTree. This program is confidential, voluntary, and offered at no additional cost to eligible employees and their dependents enrolled in a Princeton medical plan.

This program is available to eligible employees and their dependents who have been diagnosed with High Blood Pressure, High Cholesterol or Obesity. Participants in the program will have copays waived for prescription drugs related to these conditions that are categorized as generic (Tier 1) or preferred (Tier 2) in the OptumRx formulary. By waiving the copays, this will make it easier for you and your family members to get the care needed to manage your health. If you have been diagnosed with obesity, but are not taking any drugs to assist in reducing or controlling your weight, you will be offered a free gift that can assist you in the weight loss process.

Participating in the program is simple. To qualify for the program, participants will need to:

- Enroll in health coaching with My Health Coach.
- Provide current biometric screening results to TrestleTree. This is your blood work that shows your cholesterol, blood sugar, etc. Your health coach will provide you with the Lab Requisition form, which will need to be completed by your doctor.
- Meet with a health coach in person or telephonically to discuss the lab results.
- Complete a Health Risk Assessment and Participation Agreement form with TrestleTree.

After the third visit with a health coach, you and/or your eligible family members will qualify for the copay waiver as long as a fourth visit is scheduled and all of the steps noted above have been completed. In order to continue to receive the copay waiver, you will need to meet at least quarterly with your health coach, and visit with a physician at least once annually.

To make an appointment with a health coach, call (866) 237-0973.
You can count on support from knowledgeable and responsive HR staff when you have a benefits question or problem. Just call or e-mail us. We’re here to help!