

Managing diabetes your way



Medicare Plus BlueSM PPO and BCN AdvantageSM support you in managing your diabetes. Here's some information that will help you gain control and feel your best.

Your diabetes toolkit: Glucose monitors and accessories

Blue Cross knows there's a lot of ways to regulate glucose levels. As a result, we offer benefits for a variety of equipment, such as monitors, test strips, lancet and lancet holders, that help you stay healthy and feel confident.

The following glucometer, test strips, lancets and lancet holders are included in your benefits with no copay:

- Accu-Chek[®] Guide
- Accu-Chek[®] Guide Me
- Contour[®] Next
- Contour[®] Next EZ
- Contour[®] Next GEN
- Contour[®] Next ONE

You can get preferred brands at an in-network pharmacy or go to an in-network durable medical equipment provider for preferred or non-preferred brands.

To find a network pharmacy, visit our website at bcbsm.com/pharmaciesmedicare or call the Customer Service number on the back of your Blue Cross member ID card.

Pump it up

Your benefits cover several insulin pumps. Here's an explanation of each type of pump, whether they are preferred or non-preferred, and where you can go to get them.

Standard insulin pumps are considered DME and work by delivering insulin through a small cannula inserted under the skin. Preferred devices include: **Medtronic MiniMed**, **t:slim** and **Beta Bionics**.

Continuous Glucose Monitors measure glucose levels using a sensor inserted just underneath the skin and wirelessly transmit glucose readings to a receiver or compatible smart device. Here are some preferred brand transmitters, receivers and sensors that you can get at your pharmacy: **Dexcom G6/G7**, **FreeStyle Libre 2/3** and **Metronic Guardian/Instinct**. Call Customer Service at the number on the back of your member ID card to ask about the CGM benefit.

Tubeless insulin devices consist of a pod that is worn on the body and contains an insulin reservoir and cannula. It is inserted under the skin with an adhesive patch, and a handheld controller is used to wirelessly operate the pump. **Omnipod Dash** and **Omnipod 5** aren't covered under your medical benefit plan but are covered under your University of Michigan-provided prescription drug plan. Non-preferred brands such as **Metronic Guardian** or **Instinct** must be filled through your DME benefit.

Some things to keep in mind

There's no copay when you choose preferred brands. You may go to any in-network pharmacy or DME provider.

- To find a network pharmacy, visit our website at bcbsm.com/pharmaciesmedicare or call the Customer Service number on the back of your Blue Cross member ID card.
- For Michigan members, Northwood is the preferred DME provider. You can contact them at **1-800-667-8496**, 8:30 a.m. to 5 p.m. Monday through Friday, to coordinate your DME needs. For members living outside of Michigan, call Customer Service on the back of your Blue Cross member ID card. TTY users, call **711**.

But wait, there's more

You have access to diabetes self-management services and education. Here are some of the services that are covered.

For people with severe diabetic foot disease, you can get one of the following:

- One pair of therapeutic custom-molded shoes per calendar year and two additional pairs of inserts
- One pair of depth shoes and three pairs of customized inserts

Diabetes education

In addition, free diabetes self-management training is available to eligible members. You can also get tips for healthy eating, staying active and blood glucose monitoring. And if your provider recommends it, medical nutritional therapy. For members with Type 1 or Type 2 diabetes and an HbA1c $\geq 9\%$, Blue Cross offers a comprehensive Chronic Disease Management Program with guidance from registered nurses and health coaches. Call the Customer Service number on the back of your Blue Cross member ID card for more information.

Please note:

If you need diabetes supplies, they are generally covered under Medicare Part B and should be billed through your Blue Cross medical benefit rather than your Medicare Part D prescription drug benefit.

When obtaining diabetes supplies, please use a Blue Cross in-network pharmacy. The pharmacy should process the claim using BIN 262400 and PCN RXBCMA.

While Prime Therapeutics administers your pharmacy benefits, diabetes testing supplies are typically covered under Medicare Part B. If you prefer a nonpreferred brand, such as OneTouch, the supplies must be obtained through a DME provider rather than a retail pharmacy.

Diabetes supplies are generally covered under your Medicare Part B medical benefit, and certain brands, including OneTouch, must be ordered through a DME supplier.



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