

# Diabetes Plan Guide

## For CareSource Diabetes Gold and Silver Plans

### You made a great choice for your health care and your wallet!

You get all the great benefits of having a CareSource plan, such as our CareSource24® 24-hour Nurse Advice Line, \$0 Telehealth visits through Teladoc®, and easy to use online tools, like our Cost Estimator, **Find A Doctor**, **Find My Prescriptions**, **Find a Pharmacy**, and so much more.

As a Diabetes plan member, you also get extra benefits, listed in this guide. Just show your CareSource member ID card when you get services or pick up your medications. Most are provided at \$0 cost to you, some are at a reduced cost share compared to other plans CareSource offers.

This guide outlines the special benefits you get as a Diabetes plan member. Use this as a supplement to your welcome booklet and plan documents to find out how to get care, use your benefits, and work with CareSource to get the most from your plan.

### You Get \$0 Cost Services

- Diabetes Self-Management Education
- Nutritional Counseling
- Routine Diabetic Foot Care
- Hemoglobin A1C test
- Retinopathy Eye Screening
- Diabetic Kidney Disease Screening

\* Prior authorization or step therapy required.



### Diabetes Self-Management Education

This includes medical nutrition therapy and dietary/nutritional counseling. It must be provided by a certified, registered, or licensed Provider with expertise in diabetes. This is covered when you are first diagnosed. It is also covered if there is a change in your condition or a new treatment is identified. It is given in your provider's office.

### \$0 Cost Drugs:

- **Regular insulins** – Humulin N, Novolin N, Humulin R, Novolin R, Humulin 70-30, Novolin 70-30
- **Rapid-acting insulins** – Humalog, insulin lispro and insulin aspart
- **Long-acting insulins** – Basaglar®, Rezvoglar™ and Tresiba®
- **Generic oral drugs** – Acarbose, alogliptin, alogliptin-metformin, alogliptin-pioglitazone, glimepiride, glipizide, glipizide-metformin, glyburide, glyburide-metformin, metformin, miglitol, nateglinide, pioglitazone, pioglitazone-metformin, pioglitazone-glimepiride, repaglinide
- **Brand name oral drugs** – Jardiance®\*, Januvia®\*, Janumet®\*, Farxiga®\*

### \$0 Self-Management Supplies on Prescription Drug List | Retail & Mail:

- **Continuous glucose monitors:** Dexcom®\*, FreeStyle Libre®\*
- **Glucose meter:** (OneTouch Verio Flex®), test strips (OneTouch Verio®), and lancets/lancing device
- **Diabetes supplies:** Pen needles, insulin syringes/needles, alcohol swabs, ketone strips



# Additional Plan Highlights:

## Coaching Program

Our special Care Management program focuses on you! Get coaching and tips on diet, exercise, medication and lifestyle changes. Call our Care Management team at **1-833-230-2037** to get a Care Manager and start your coaching program **today!**

## Expanded Formulary

Includes drugs like Mounjaro, Ozempic, Trulicity, and Rybelsus. Use our Marketplace Drug Formulary or the **Find My Prescriptions** tool to find these and more medications that you may need.

## Home Delivery of Medication

Use Express Scripts to get your maintenance medications. 90-day supplies are <IN, OH, GA: 2.5x the cost of a 30-day supply, so they save you money, and are> convenient, being delivered right to your mailbox! Register for an account at [www.express-scripts.com/rx](http://www.express-scripts.com/rx) to manage your prescriptions. Ask your provider to 'e-prescribe' a 3-month supply to Express Scripts. Your provider will likely already have the website and phone number.

If you or your provider have questions, call ESI at 1-800-835-3784 or call CareSource Member Services.



## CareSource.com/Marketplace

<NC only: Qualified Health Plans offered in North Carolina by CareSource North Carolina Co., d/b/a CareSource.>

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## Questions? Contact Us!

If you have any questions, call our Member Services department at **1-833-230-2099** (TTY: 711) from 7 a.m. to 7 p.m. Eastern Time, Monday through Friday. We are happy to help answer your questions, find a provider, or help you get publications in another language or format if you need them.