

Diabetes Plan Guide

Getting the Most From Your Plan

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 free 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 Chronic Care Medical Services

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

* Prior authorization, quantity limits or step therapy may be required.



Diabetes Self-Management Education

This includes medical nutrition therapy and dietary/nutritional counseling 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 Chronic Care Drugs*:

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

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

- **Continuous glucose monitors:** Dexcom®*, FreeStyle Libre®*
- **Insulin delivery device:** Omnipod®*
- **Glucose meter** and test strips
- **Diabetes supplies:** Urine 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 request a Care Manager and start your coaching program **today!**

Expanded Formulary

The formulary includes more brand name drugs. Use our Marketplace Drug Formulary or the **Find My Prescriptions** tool to find these and more medications that you may need. Scan the QR code to go directly to the tool.



Find My
Prescriptions

Home Delivery of Medication

Use Express Scripts (ESI) to get your maintenance medications. 90-day supplies are delivered right to your mailbox! Register for an account at 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



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.

Nevada members: please call **1-833-230-2099** (TTY: 711) from 8 a.m. to 6 p.m. Pacific 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.