

Diabetes Plan Guide

Getting the Most From Your Plan

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

Great CareSource® Benefits:

- Free 24-Hour Nurse Advice Line
- \$0 Teladoc Health® telehealth visits
- Easy to use online tools, like:
 - Find A Doctor/Pharmacy
 - Find My Prescriptions
 - Cost Estimator and much more!

Extra Benefits for Plan Members

You get most extra benefits at \$0 cost, some at a reduced cost. Just show your CareSource ID card when you get services or prescriptions.

This guide outlines:

- Special Diabetes plan benefits
- How to get care and use your benefits
- Ways to work with us to get the most from your CareSource plan

\$0 Diabetes Medical Services

- A1C testing
- Retinopathy eye screening
- Diabetic kidney disease screening
- Routine diabetic foot care
- Diabetes self-management education
- Nutritional counseling

Self-Management Education

Includes medical nutrition therapy and dietary/nutritional counseling. This is covered when:

- You are first diagnosed
- Your condition changes
- You start a treatment
- Given in office with a certified, registered or licensed diabetes-trained provider

\$0 Diabetes 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)
- **Long-acting Insulins:** Basaglar® KwikPen, Rezvoglar™ and Tresiba®
- **Generic anti-diabetics:** Acarbose, alogliptin, alogliptin-metformin, alogliptin-pioglitazone, dapagliflozin, dapagliflozin-metformin, glimepiride, glipizide, glipizide-metformin, glyburide, glyburide-metformin, metformin, pioglitazone, pioglitazone-metformin, repaglinide.
- **Brand name anti-diabetics:** Jardiance®

\$0 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

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

** Applies to formulary products only.

Formulary Change Notice

The drugs listed above, and on the formulary, may change throughout the year. When a generic equivalent becomes available, the generic may replace the brand-name drug on the formulary, or the brand-name drug may move to a higher cost tier. If you take a drug that is affected, we will notify you of the change.



Additional Plan Highlights:

Coaching Program

- Get tips and help with diet, exercise, medications 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

- More brand name drugs available.
- Use our **Find My Prescriptions** tool by scanning the QR code.
- See your costs on your **Schedule of Benefits**. You can find it on the Plan Documents page at **CareSource.com/NV-Plan-Docs**



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.
- Ask your provider to “e-prescribe” a 3-month supply to Express Scripts.
- Questions? Call ESI at 1-800-835-3784 or call CareSource Member Services.

Medication Management

- Get support from pharmacists to help you manage your medications. This includes over-the-counter medicines, vitamins and supplements to avoid potential drug interactions.



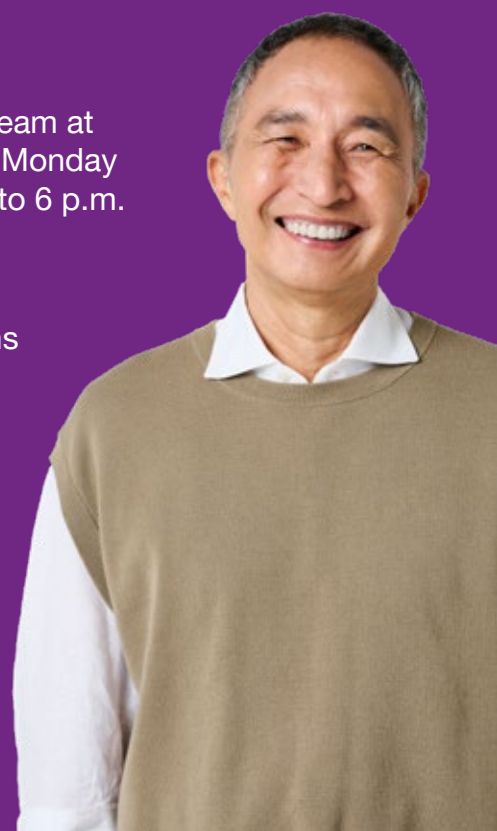
CareSource.com/Marketplace

Questions? Contact Us!

Call our Member Services team at 1-833-230-2099 (TTY: 711) Monday through Friday from 8 a.m. to 6 p.m. Pacific Time.

We are happy to help you:

- Answer any questions
- Find providers
- Get language assistance such as materials in another format



Get free help in your language with interpreters and other written materials. Get free aids and support if you have a disability. Call **1-833-230-2099** (TTY: 711).



Obtenga ayuda gratuita en su idioma a través de intérpretes y otros materiales en formato escrito. Obtenga ayudas y apoyo gratuitos si tiene una discapacidad. Llame al: **1-833-230-2099** (TTY: 711).

Jwenn èd gratis nan lang ou ak entèprèt ansanm ak lòt materyèl ekri. Jwenn èd ak sipò gratis si w gen yon andikap. Rele **1-833-230-2099** (TTY: 711).

احصل على مساعدة مجانية بلغتك من خلال المترجمين الفوريين والمواد المكتوبة الأخرى. إذا كنت من ذوي الاحتياجات الخاصة، ستحصل على المساعدات والدعم مجاً. اتصل على الرقم **1-833-230-2099** (TTY: 711) "الهاتف النصي للصم وضعاف السمع". (711)

通过口译员和其他书面材料，获得您所使用语言的免费帮助。如果您有残疾，可以获得免费的辅助设备和支持。请致电：**1-833-230-2099**（听语障人士专用电话：711）。

Erhalten Sie kostenlose Hilfe in Ihrer Sprache durch Dolmetscher und andere schriftliche Unterlagen. Beziehen Sie kostenlose Hilfsmittel und Unterstützung, wenn Sie eine Behinderung haben. Rufen Sie folgende Telefonnummer an: **1-833-230-2099** (TTY: 711).

Obtenez une aide gratuite dans votre langue grâce à des interprètes et à d'autres documents écrits. Si vous souffrez d'un handicap, vous bénéficiez d'aides et d'assistance gratuites. Appelez le **1-833-230-2099** (ATS : 711).

Nhận trợ giúp miễn phí bằng ngôn ngữ của quý vị với thông dịch viên và các tài liệu bằng văn bản khác. Nhận trợ giúp và hỗ trợ miễn phí nếu quý vị bị khuyết tật. Gọi **1-833-230-2099** (TTY: 711).

Grick Hilfe mitaus Koscht in dei Schprooch mit lwwersetzer un annere schriftliche Dinge. Grick Aids un Hilfe mitaus Koscht wann du en Behinderung hoscht. Ruf **1-833-230-2099** (TTY: 711).

आपकी भाषा के इंटरप्रेटर तथा आपकी भाषा में अन्य लिखित सामग्रियों संबंधी फ्री मदद पाएं। यदि आपको कोई डिसेबिलिटी हो, तो मुफ्त सहायता और सपोर्ट प्राप्त करें। कॉल करें **1-833-230-2099** (TTY: 711).

통역사와 기타 서면 자료의 도움을 귀하의 언어로 무료로 받으세요. 장애가 있을 경우, 보조와 지원을 무료로 받으세요. **1-833-230-2099** (TTY: 711) 로 문의하세요.

በአስተርጓሚዎች እና በሌሎች የጽሑፍ ቁሳቁሶች በቋንቋዎ ከክፍያ ነፃ እርዳታ ያግኙ። የአካል ጉዳት ካለብዎት ከክፍያ ነፃ እርዳታ እና ድጋፍ ያግኙ። ወደ **1-833-230-2099** (TTY 711) ይደውሉ።

Gba ìrànṣọ́wọ́ ọ̀fẹ́ ní èdè rẹ̀ pẹ̀lú àwọn ògbifọ́ àti àwọn ohun èlò míràn tí a kọ sílẹ̀. Gba àwọn ìrànṣọ́wọ́ àti àtilẹ́yìn ọ̀fẹ́ bí o bá ní àìlera kan. Pe **1-833-230-2099** (TTY: 711).

Makakuha ng libreng tulong sa wika mo gamit ang mga interpreter at mga ibang nakasulat na materyales. Makakuha ng mga libreng pantulong at suporta kung may kapansanan ka. Tumawag sa **1-833-230-2099** (TTY: 711).

په خپله ژبه کې د ژباړونکو او نورو لیکلي شوو موادو له لارې وړیا مرسته ترلاسه کړئ. که تاسو معلولیت لرئ نو وړیا ملاتړ او مرستې ترلاسه کړئ. دې شمېرې ته زنگ ووهئ **1-833-230-2099** (TTY: 711).

ವ್ಯಾಖ್ಯಾನಗಳು మరియు ఇతర ರಾಶಪೂರ್ವಕ ಮೆಟೀರಿಯಲ್ಸ್‌తో ಮಿ ಭಾಷೆ ಡಿವಿಡ್ ಸಹಾಯವನ್ನು ಪಡೆಯండి. ಒಕವೆಳ ಮಿ ಕು ವೈಕಲ್ಯಂ ಡಿವಿಡ್, ಡಿವಿಡ್ ಡಿವಿಡ್‌ಗಳು ಮತ್ತು ಮಧ್ಯತು ಪಡೆಯండి. ಕಾಲ್ ಡಿವಿಡ್: **1-833-230-2099** (TTY: 711).

दोभाषे र अन्य लिखित सामग्रीहरूको माध्यमद्वारा आफ्नो भाषामा निःशुल्क मद्दत प्राप्त गर्नुहोस्। तपाईंलाई अशक्तता छ भने निःशुल्क सहायता र समर्थन प्राप्त गर्नुहोस्। **1-833-230-2099** (TTY: 711) मा कल गर्नुहोस्।

သင့်ဘာသာစကားအတွက် စကားပြန်များနှင့် အခြားပုံနှိပ်စာရွက်များကို အခမဲ့အကူအညီရယူပါ။ သင်သည် မသန်စွမ်းသူတစ်ဦးဖြစ်ပါက အခမဲ့အကူအညီများနှင့် အထောက်အပံ့များ ရယူပါ။ ဖုန်းခေါ်ရန် - **1-833-230-2099** (TTY: 711)

Bök jibañ ilo an ejjelok wōnāān ikkijjien kajin eo am ibbān rukok ro im wāween ko jet ilo jeje. Bök jerbalin jibañ ko ilo an ejjelok wōnāer im jibañ ko ñe ewōr am nañinmejin utamwe. Kalle **1-833-230-2099** (TTY: 711).

Multi-EXC-M-3287937