

Using your health care benefits to manage your diabetes



Thank you for choosing Blue Cross and Blue Shield of Vermont (BCBSVT). If you live with diabetes, you know it can be a life-changing condition. Your coverage through BCBSVT can help you manage your diabetes and maintain your health.

For complete information on benefits, read your plan documents on our Member Resource Center at bcbsvt.com/mrc.

Diabetes management

BCBSVT offers a chronic condition management program for diabetes that can help you and your health care provider manage your diabetes. Our program is free and voluntary for all BCBSVT members. If you choose to participate, a BCBSVT nurse will help you get the best care and screening and help you stay on track with your treatment plan.

To find out more or to take part in this free benefit, contact our clinical case managers at (800) 922-8778 (press option 3 then 2).

Coverage tips

Prior approval: Diabetic medical equipment that costs \$500 or more needs prior approval. In most cases, your provider will handle this step for you. You may also visit bcbsvt.com/priorapproval and download the correct forms.

Prescription reviews: BCBSVT reviews certain prescriptions to make sure you receive the most cost effective drugs.

Quantity limits: If your doctor prescribes a drug in an amount that exceeds certain criteria (such as the manufacturer's recommendations), we may ask him or her to document the reason for that amount.

Step therapy: Step therapy saves you money by encouraging you and your provider to try less expensive drugs before using the newest, most expensive ones.

(You can find the current list for each type of review at bcbsvt.com/rxcenter or by calling our customer service team at (800) 247-2583.)

Home delivery: Our home or work delivery program may save you money and be a more convenient way to get your prescriptions. This also applies to insulin supplies and other medical equipment for your diabetes. To fill your prescriptions through the mail order pharmacy, you must complete and submit a mail order form with your prescription. You will receive your prescriptions at your home or work address, and you can order refills by phone, mail or on the internet. Visit www.bcbsvt.com/RxCenter for all the details.

Cost-sharing: Depending on your plan, you may have to pay a co-payment, co-insurance or a deductible. See your plan documents for more information.

Diabetes medications and testing supplies

The table provides examples of common diabetes medications and testing equipment. The grid also shows what requires prior approval, has quantity limits or is part of our step therapy program. See "Coverage tips" for more details and refer to your plan documents for cost sharing information.

Medications and equipment	Prior approval	Quantity limits	Step therapy
Continuous Glucose Monitor	✓	✓	
Continuous Glucose Monitoring Supplies	✓	✓	
Glucose Testing Machines	*		
Glucose Test Strips	*	✓	
Glucagon		✓	
Insulin			
Insulin Pens			
Insulin Pumps	✓	✓	
Insulin Pump Supplies		✓	
Insulin Syringes			
Oral Diabetes Medications			✓

*If non-preferred.

Please note: For generic options to preferred medications, please see the generic drug list at: bcbsvt.com/genericdrugs.

Some glucose meters use test strips that are on the preferred drug list, while some use test strips on the non-preferred list.)

manage your diabetes (cont'd)

Medical equipment and supplies

BCBSVT contracts with these vendors to provide insulin pumps, continuous glucose monitoring systems and supplies (note: you will need prior approval if the equipment or supplies cost \$500 or more):

vendor	website	phone number
Better Living Now	www.betterlivingnow.com	(800) 854-5729
Byram Healthcare	www.byramhealthcare.com	(877) 902-9726
CCS Medical	www.ccsmed.com	(800) 260-8193
Dexcom	www.dexcom.com	(888) 738-3646, x. 4900
Edgepark Medical Supplies	www.edgepark.com	(888) 394-5375
Insulet Corporation	www.myomnipod.com	(800) 591-3455
Keene Medical	www.keenemedicalproducts.net	(800) 447-0028
One Source Medical Supply	www.osmsfl.com	(888) 258-7080
Tandem Diabetes Care	www.tandemdiabetes.com	(877) 801-6901

Note: This list is subject to change depending on a vendor's status as a participating provider with BCBSVT.



More health resources

BCBSVT offers additional resources to help you manage your diabetes, including:

- **Nutritional counseling**—Unlimited visits to help you change your diet
- **Member Resource Center**—View benefit information, check deductibles and co-payments, and status of claims
- **Healthwise Knowledgebase**—Quality and price comparisons, information on health topics (including diabetes) and access to health advisors
- **My Blue Health and Wellness Center**—Personal health website with confidential health assessments, and custom fitness plans with exercise tools and meal planners
- **Blue Extras**—Discounts on area health, fitness, nutrition and wellness resources

Through BCBSVT, you can access Express Scripts® (ESI), our pharmacy partner. ESI manages all of the online and mail order pharmacy prescriptions from BCBSVT providers. You can create your own secure account by logging in to express-scripts.com.

We'll see you through

Your health and wellness are important to us at Blue Cross and Blue Shield of Vermont. We're here to help you manage your diabetes and we'll support you every step of the way.

We'll see you through.

www.bcbsvt.com



BlueCross BlueShield of Vermont

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