

## DIABETIC SUPPLIES

Blood glucose monitoring and the recording of your results is an important part of your diabetes care. Having better blood glucose control now reduces your risk for complications of diabetes in the future. Be sure to test as your physician has directed and keep a log of your results.

Please remember:

- Some plans cover diabetic supplies as a pharmacy benefit and you may be directed to contact your pharmacy benefits member service line for this information. Diabetic supplies may be part of a mail order pharmacy benefit, which can result in greater savings. Find out about the types of meters, strips, and lancets that your benefit plan will cover and if there are any coverage limits. Be aware that there may be an applicable co-pay for these items.
- You will need a written prescription from your physician to get your supplies. A blood glucose meter, test strips and lancets are covered according to the physician's written prescription and your plan benefits. The prescription should include how many times a day you are to test your blood sugar. If your physician advises you to increase the frequency of daily home blood glucose testing, remember to have your physician write a new prescription for the supplies.
- The Centers for Disease Control and Prevention has a book available entitled *Take Charge of Your Diabetes* (3<sup>rd</sup> edition. Atlanta: U.S. Department of Health and Human Services, 2003) that can be obtained by calling their toll free number at 1-877-CDC-DIAB (232-3422) or by visiting their website at <http://www.cdc.gov/diabetes>. This book is a great resource for information about diabetes. It also contains logs to record important lab results, appointments and task reminders, etc.

If you have any questions about how your supplies are covered, please contact the TML Member Service Team at 1-800-282-5385 (Spanish Line 1-800-385-9952).

### **HEALTHY INITIATIVES**

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