

# IT'S EASIER TO TAKE CONTROL OF YOUR DIABETES

Learn more about your plan's diabetes benefits.



Managing diabetes can be tough. But do you know about all the benefits available to help make it easier? Your health plan offers a range of diabetes benefits at no cost to you. And that means you have less to worry about on your journey toward better health.

## All Cigna health plans include:

- › \$0 for diabetes self-management education
- › \$0 for select labs and exams, such as:<sup>1</sup>
  - A1C test
  - Retinal eye exam
  - Nephropathy screening
- › \$0 for covered diabetic supplies on the Cigna Prescription Drug List, such as:<sup>1</sup>
  - Test strips for blood glucose monitors
  - Visual reading and urine test strips
  - Syringes, needles, and OneTouch testing preparation items including lancing devices and lancets

## For plans other than Enhanced Diabetes Care plans

Reduce costs with our **Patient Assurance Program<sup>SM</sup>** and pay no more than \$25 for a 30-day supply (or \$75 for a 90-day supply) of the insulin and diabetes medications listed below. Also, your deductible doesn't apply to these medications.

- › Insulins: Basaglar, Humalog, Humalog Mix, Humulin
- › Non-Insulins: Farxiga, Trulicity, Xigduo XR

If you're not taking a medication on this list you can call your doctor's office and ask if one of these medications will work for you.

### Learn more

To find out more about the specific diabetes benefits included with your plan, call **866.494.2111** Monday - Friday, 8 am - 8 pm (EST).\*

**Reminder:** Ask about insulin savings through our Patient Assurance Program.

## Cigna Enhanced Diabetes Care plans also include:<sup>2</sup>

- › \$0 for preferred insulins and other diabetes medications:
  - Insulins: Basaglar, Humalog, Humalog Mix, Humulin
  - Non-Insulins: Farxiga, Trulicity, Xigduo XR
- › \$0 for diabetic supplies, such as:
  - Infusion pump maintenance
  - Infusion sets
  - Skin preparation supplies
- › \$0 for diabetes-related equipment:
  - Dexcom G6 Receiver and Dexcom G6 Sensor
  - Dexcom G6 Transmitter
  - FreeStyle Libre 10 Day Reader and Libre 10 Day Sensor
  - FreeStyle Libre 14 Day Reader and FreeStyle Libre 14 Day Sensor
  - FreeStyle Libre 2 Reader and FreeStyle Libre 2 Sensor
  - OneTouch Ultra2 Glucose Meter
  - OneTouch Ultramini Meter
  - OneTouch Verio Flex Meter
  - OneTouch Verio IQ Meter
  - OneTouch Verio Meter
  - OneTouch Verio Reflect Meter
- › \$0 for additional plan benefits:
  - Nutritional Counseling
  - Routine Diabetic Foot Care

Together, all the way.<sup>®</sup>



1. If you participate in HSA plan, you'll need to meet your HSA-plan deductible before your cost-share is \$0 for diabetes care benefits.

2. **Cigna Enhanced Diabetes Care Plan** can help you better manage your condition. This plan includes the benefits of all Cigna plans listed above, and adds even greater savings with no-cost supplies and equipment. Not available in CO.

Notice for North Carolina residents: Your actual expenses for covered services may exceed the stated coinsurance percentage or copayment amount because the actual provider charges may not be used to determine plan and member payment obligations.

\*Dial 711 for TTY or TRS service. Language assistance services are provided at no cost to you.

Customers in Colorado need to meet their deductible on the HSA plan before cost sharing is \$0 for diabetes care benefits. Product availability may vary by location and plan type and is subject to change. All health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna representative.

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