



# Understanding your diabetes benefits

Your PacificSource medical plan covers diabetes supplies and equipment to help you manage your diabetes.



## If your plan has drug coverage

- **Insulin and syringes** are available for the same copay as other covered diabetic medications. Syringes are covered for the prescription drug plan's tier-2 copay.
- **Lancets and test strips** are available for the same copay as any other covered prescription drugs when you get them using your prescription drug benefit. In-network retail pharmacies include, but are not limited to: CVS Caremark®, Kroger/Fred Meyer, Rite Aid, Safeway, Target, and Walgreens.

Note: You may also use your durable medical equipment (DME) benefit, instead of pharmacy, by buying your lancets and test strips from a participating DME provider.

Depending on your pharmacy benefits, you may be able to fill up to a 90-day supply of diabetic test strips and lancets at a mail-order or retail pharmacy. Check your handbook for more details.

- **Glucagon recovery kits** are also covered, typically for the prescription drug plan's tier-2 copay.

When you show your PacificSource ID card, participating pharmacies will process those claims automatically. You won't need to submit a claim.



## If no drug coverage is included

- **Insulin and insulin syringes** are *not* covered by your plan.
- **Other supplies**, such as lancets, test strips, glucostix, glucose monitoring devices, and needle-free injection devices, are **covered under your medical plan's DME benefit**.

You may buy up to a 90-day supply of test strips and lancets when using the DME benefit.

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### Email

[CS@PacificSource.com](mailto:CS@PacificSource.com)

### Phone

888-977-9299

TTY: 711

We accept all relay calls.

En Español 866-281-1464

[PacificSource.com](https://www.pacificsource.com)





## Meters

You get your choice of one free PacificSource-preferred blood glucose meter from OneTouch®. Or you can get a continuous glucose monitor for a tier-2 copay with prior authorization.

For information on how to obtain your monitor system, contact our PacificSource Pharmacy Services team at 844-877-4803 or [Pharmacy@PacificSource.com](mailto:Pharmacy@PacificSource.com).



## Insulin infusion pumps and needle-free injection devices

These pumps and devices are covered as durable medical equipment for diabetes patients meeting certain criteria. We must authorize this equipment in advance for it to be covered. Please contact our Customer Service team for more information.



## Handy resources included with your coverage\*

### Diabetes support program

Our diabetes support program is one of several no-cost Condition Support programs available to most PacificSource members. It offers:

- A nurse and a dietitian to answer your health questions
- Personal support from a Registered Nurse or Health Coach to help you reach your health and wellness goals
- Ongoing support to help you maintain healthy lifestyle changes
- Information to help you with your health condition

### Training

Your PacificSource medical plan also includes a limited benefit for outpatient diabetes education to help you better understand your condition and give you the tools to improve blood glucose levels. This outpatient, self-management training is subject to your deductible, copay, and coinsurance for office visits. To be covered, the training must be provided by a licensed healthcare professional with expertise in diabetes, such as a Certified Diabetes Educator.

### Health education program

You can receive reimbursement up to \$150 per plan year for eligible health and wellness classes. Some limitations apply. Learn more at [PacificSource.com/members/healthy-resources/education-reimbursement](https://PacificSource.com/members/healthy-resources/education-reimbursement).

### Fitness center discount

The Active&Fit Direct™ program gives you access to 11,900+ gyms nationwide. No annual fees. No long-term contracts. Learn more at [PacificSource.com/ActiveAndFit](https://PacificSource.com/ActiveAndFit).

### Other resources

- American Diabetes Association (ADA): [Diabetes.org](https://Diabetes.org)
- Juvenile Diabetes Research Foundation: [JDRF.org](https://JDRF.org)

\*Not all of these resources are available on all plans. If you have questions about which programs and services are available on your plan, please contact our Customer Service team.

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For more information about our Diabetes Condition Support program, call us at 888-987-5805, or email [YourSupport@PacificSource.com](mailto:YourSupport@PacificSource.com).

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If you have questions, you are welcome to contact our Customer Service team at 888-977-9299 or email [CS@PacificSource.com](mailto:CS@PacificSource.com).