

# Managing Diabetes

**Millions of Americans are living with some type of diabetes.** You can manage diabetes by following a healthy lifestyle, staying on top of your routine exams and tests, taking medications as prescribed, and having good communication with your health care team. MVP Health Care<sup>®</sup> (MVP) is here to help ensure you have the tools needed to reduce the impact of diabetes on your life.

## Are your diabetes medications and supplies covered?

Talk with your provider about which prescription drugs and supplies used to treat diabetes are covered under your plan. You can also discuss whether any of the medications you take are available in a generic form. Generic medications are safe, effective, and may also save you money.

Make sure to review the most current version of the MVP Commercial Formulary\* and your plan documents to best understand your coverage. You can find the most current Formulary at [mvphealthcare.com](http://mvphealthcare.com). Choose *Members* and then *Prescription Benefits*. You can also *Register/Sign In* to your MVP online account to find more information about your benefits.

\*MVP's Formulary is subject to change. Some covered drugs may have additional requirements, require prior authorization or limits on coverage. Consult your plan documents for a complete list of covered benefits, limitations, and exclusions. If there are any differences between the information contained herein and a specific plan document, the plan document will be controlling.

**The following are examples of some drugs that are covered as part of your benefit:**

### Insulin

Basaglar  
Fiasp  
Lantus  
Levemir  
Novolin/Novolog  
Toujeo  
Tresiba

### Sodium-Glucose Co-Transporter 2 (SGLT2) Inhibitors

Farxiga  
Jardiance

### Dipeptidyl Peptidase-4 (DPP-4) Inhibitors

Januvia

### Incretin Mimetic Agents (GLP-1 Receptor Agonists)

Ozempic  
Rybelsus  
Trulicity  
Victoza

### Blood Glucose Monitor and Test Strips

OneTouch products

*Call the MVP Customer Care Center at the phone number listed on the back of your MVP Member ID card to find out how to obtain a free blood glucose monitor.*

**See other side for information about important tests and exams.**



## The MVP Diabetes Care Program

Designed for those living with diabetes, our care program provides extra support to help you better manage your health. By working with an MVP Health Coach—and following your doctor’s recommendations—you’ll have the tools and education to better understand diabetes and make healthy lifestyle choices.

A custom plan developed with your Health Coach will help keep your diabetes under control. Your plan may include:

- Developing a routine for monitoring your blood glucose levels
- Understanding your diet and how it affects your blood glucose levels
- Recognizing complications
- Learning how exercise can help you manage your weight and blood glucose levels
- Educational materials about your specific needs
- And more

**To get started**, call MVP Case Management at **1-866-942-7966**, Monday–Friday 8:30 am–5 pm.

## Manage Diabetes with These Important Tests and Exams

The following tests and exams are recommended each year to avoid complications from diabetes. Talk with your doctor about your results and what they mean to you.

### Retinal Eye Exam

Get a retinal exam by an eye doctor every year because diabetes can affect your eyes over time. Have this exam even if your primary care provider has examined your eyes, and even if your vision seems fine.

### Hemoglobin A1c (HbA1c)

Have this test every six-to-12 months to show your average blood sugar level over the previous three months. A result of less than 7% can reduce your risk of complications such as kidney damage, blindness, nerve damage, and circulation problems.

### Urine Protein

This test checks for early signs of kidney problems, which can be treated to help prevent future problems.

### LDL Level

Sometimes called “bad” cholesterol, this test checks your LDL level, which contributes to the formation of plaque in the arteries and can lead to a heart attack.

### Complete Foot Exam

People living with diabetes are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.

## Diabetes Webinar Series

Get tips and guidance to help you manage diabetes during our free four-part webinar series. Featuring qualified diabetes educators, our series covers topics like preventing complications, fitness, nutrition, and navigating doctor visits. Watch at your convenience! Visit [mvphealthcare.com/medicalhealth](http://mvphealthcare.com/medicalhealth) and select *Diabetes*, and then *Watch MVP’s Diabetes Education Webinar Series*.

