

# myAscension benefits

Health, Financial, Career, Life and Family



## Get your continuous glucose monitor at your in-house pharmacy

### Managing your blood glucose levels just got easier

Continuous glucose monitors (CGM) are important tools for tracking and managing diabetes. Your plan offers coverage for two CGM sensors<sup>1</sup> under your pharmacy benefit: the Dexcom G6® and Abbott FreeStyle Libre. This means you can fill your prescription at any pharmacy in your plan's network.<sup>2</sup> You can continue to fill your CGM through a medical supply company but you may find it easier (and less costly) to go to your in-house pharmacy.

- **More convenience.** Fill your CGM prescription at your in-house pharmacy.
- **Faster service.** No more waiting for paperwork to be processed.<sup>1</sup>
- **More savings.** You'll pay coinsurance at the preferred brand level (depending on your plan) for the CGM sensor. **The transmitter and reader are available at no extra cost.**<sup>3</sup>

### Not using the Dexcom G6 or Abbott FreeStyle Libre?

Ask your doctor if one of these CGMs may be right for you. If your doctor agrees, follow these simple steps to start tracking your glucose levels:

1. **Ask your doctor for a prescription for the Dexcom G6 or Abbott FreeStyle Libre (10-day or 14-day) CGM.** Be sure your prescription is written for all parts: sensor, transmitter and reader.
2. **Fill your prescription.** Have your doctor send the prescription electronically to your in-house pharmacy. Or bring the prescription with you to the pharmacy.

**No finger pricks.  
No paperwork.  
No wait.**

Now, get your continuous glucose monitor at your in-house pharmacy.



Get a prescription from your doctor and have it sent electronically to the in-house pharmacy, or drop it off.

# Frequently asked questions

**Q. Who is a CGM best for?<sup>1</sup>**

**A.** Patients with type 1 diabetes and patients with type 2 diabetes who use an insulin pump or need high doses of insulin.

**Q. What's a CGM?**

**A.** A CGM tracks glucose levels continuously, throughout the day and night, so you can see trends that can help you better manage your diabetes. It also gives you information about the impact that meals, exercise and illness may have on your glucose levels. The CGM sensor has a tiny wire attached to it that's inserted under the skin to take glucose readings.

**Q. Why choose a CGM?**

**A.** There are many reasons to consider using a CGM:

- **Convenience.** A CGM can check your glucose faster than a blood glucose meter.<sup>4</sup>
- **Empowering.** A CGM provides more usable information than blood glucose meters.<sup>4</sup>
- **Discrete.** Because it's worn on the skin, it doesn't get in the way of your daily activities.
- **Pain-free.** No more painful finger sticks.
- **Better health.** CGMs lower A1C levels and the risk of hypoglycemia (low blood sugar).<sup>5</sup>

1. The CGM sensor needs approval (prior authorization) from Cigna before your plan will cover it. The sensor also has a quantity limit, meaning, your plan will only cover up to a certain amount over a certain number of days.

2. Some plans include out-of-network coverage. Please check your plan documents for the details of your specific plan.

3. **Only the CGM sensor will be covered under your pharmacy benefit.** The transmitter and reader/receiver will be available at no extra cost at the pharmacy through a program offered by the manufacturer, outside of the benefit plan. Cigna, while it's administering coverage for these products, doesn't manage this program and isn't responsible for how it works. At the time of sale, the pharmacy will enter a special code from the manufacturer that allows you to receive a transmitter and reader/receiver at no extra cost. This program is subject to change.

4. "What are the benefits of continuous glucose monitoring (CGM)?" (<https://www.dexcom.com/faq/what-are-benefits-continuous-glucose-monitoring-cgm>. Retrieved 03/25/19); Dexcom website: <https://www.dexcom.com/continuous-glucose-monitoring>; "Revolutionizing CGM with FreeStyle Libre" (<https://www.abbott.com/corpnewsroom/product-and-innovation/revolutionizing-cgm-with-freestyle-libre.html>. Retrieved 03/25/19); <https://www.freestylelibre.us/>.

5. Soupal J, Petruzelkova L, Flekac M, et al. Comparison of Different Treatment Modalities for Type 1 Diabetes, Including Sensor-Augmented Insulin Regimens, in 52 Weeks of Follow-Up: A COMISAIR Study. *Diabetes Technol Ther.* 2016; 18(9):532–538. doi: 10.1089/dia.2016.0171. Epub 2016 Aug 2.