



# Get Support From a Program That Helps Pay For Your Insulin

If you're one of the millions of people who have insulin prescribed for your diabetes, you know two things:

1. Taking insulin as your doctor prescribes is extremely important to feel better, avoid diabetes complications and, quite possibly, just stay alive.
2. Insulin has gotten very expensive.

My Diabetes Discount Program, a program offered by BlueChoice® HealthPlan, can help. Over several months, you'll complete actions on a checklist. Then you'll be able to receive your insulin with a **\$0 copay**.

Take a look at the list on the back, and you'll see there are things you might be doing already ... or know you should be.

## Program Checklist

To begin receiving your \$0 copay, please complete the following requirements:

- Visit your primary care physician for a checkup that includes:
  - A comprehensive metabolic panel lab test<sup>1</sup> OR a basic metabolic panel and liver function panel.
  - An A1C test.
  - A diabetes risk factor assessment of your feet and eyes.
- Get a flu vaccine.
- Complete diabetes education.<sup>2</sup> You can meet this requirement by completing ONE of the following:
  - Complete the Diabetes module in My Health Planner<sup>SM</sup>.
  - Complete one call with your care manager OR view one online education material **per quarter for two consecutive quarters**.
  - Complete one digital conversation with a care manager using My Health Planner **per quarter for two consecutive quarters**. Conversations must include at least three interactions in one day.
  - Complete an approved diabetes education session at an approved independent facility.

You must maintain these requirements, including two semiannual A1C tests, on an annual basis to continually receive discounted benefits.<sup>3</sup>

You will continue receiving your \$0 copay by completing the following annually:

- Visit your primary care physician for a checkup that includes:
  - A comprehensive metabolic panel lab test<sup>1</sup> OR a basic metabolic panel and liver function panel.
  - A diabetes risk factor assessment of your feet and eyes.
- Complete two A1C tests (one every six months).
- Get a flu vaccine.
- Complete diabetes education.<sup>2</sup> You can meet this requirement by completing ONE of the following:
  - Complete the Diabetes module in My Health Planner.  
If you have already completed the Diabetes module, you may complete the High Blood Pressure, High Cholesterol or Weight Management module.
  - Complete one call with your care manager OR view one online education material **per quarter for four consecutive quarters**.
  - Complete one digital conversation with a care manager using My Health Planner **per quarter for four consecutive quarters**. Conversations must include at least three interactions in one day.
  - Complete an approved diabetes education session at an approved independent facility.

<sup>1</sup>Members under the age of 18 require a fasting glucose test instead of a comprehensive metabolic panel test.

<sup>2</sup>For members under the age of 18, the parent/guardian must meet the diabetes education requirement.

<sup>3</sup>The \$0 insulin copay will be available for one year from the start date of the benefit — for example, April 1, 2023, through March 31, 2024.

You know how serious diabetes can be when it's not well controlled. Please check out this free program, and get more details by calling the member services number on the back of your member ID card.

Focus on life. Focus on health. *Stay focused.*

**Blue Option**<sup>SM</sup>

[www.BlueOptionSC.com](http://www.BlueOptionSC.com)

BlueChoice® HealthPlan is an independent licensee of the Blue Cross® Blue Shield® Association.