



Maricopa County Diabetes Management Program Overview

For Cigna HMO and UnitedHealthcare PPO Enrollees

Program Overview: The Diabetes Management Program provides support to those working to take control of and manage their diabetes. The goal of the program is to assist participants with controlling blood glucose levels and modifying their lifestyle to prevent or slow the progression of cardiac complications and diabetes-related eye, kidney, and nerve diseases.

By successfully completing the program requirements, participants will receive covered diabetes medications and supplies at no cost.

Program Eligibility:

Employees and covered dependents diagnosed with Diabetes, Type I or Type II, are eligible. Individual must be enrolled in the County-sponsored Cigna HMO or UnitedHealthcare PPO medical plan.

Program Requirements:

- Annual Physical
- Hemoglobin A1c (HbA1c) Test: Measures how well your diabetes is being controlled over time.
- Kidney Function Screening: Microalbumin- Detects early signs of kidney damage or disease. Creatinine- diagnoses impaired kidney function.
- Cholesterol Test: Predicts your risk of developing heart disease.
- Blood Pressure Screening: Checks your blood for abnormal pressures which can complicate diabetes and lead to heart and circulation problems.
- Diabetes Retinal Eye Exam: Identifies early signs of diabetes-related retinopathy which can lead to blindness.

Optional Services Not Required But Covered Under Your Medical Plan:

Although the services below are not required as part of your participation in the Diabetes Management Program, it is recommended that you visit your health care provider to receive these services to help in controlling your diabetes. The recommended services are as follows:

- Foot Exam
- Dietitian Counseling
- Disease Management Program (through your medical plan)
- Dental Cleanings (through your dental plan)
- Medication Review (with your physician)

How to Qualify for the Diabetes Management Program:

Cigna HMO Participants:

Complete the required screenings and submit your Cigna Medical Group Release Form to Cigna. Your Cigna Medical Group doctor and optometrist will submit your results to your Cigna Medical Group electronic health record. Please note that if any screenings are completed outside of Cigna Medical Group, your tests must be sent to Cigna Medical Group to be uploaded to your Cigna Medical Group electronic health record before you will be program eligible.

Once you've completed your screenings, keep an eye out for your confirmation letter. You will receive a letter in the mail confirming your program completion, as well as information about the time period during which you may receive covered prescription diabetes medications and supplies at no cost.

UnitedHealthcare PPO Participants:

Complete the required screenings. Once completed, submit the Diabetes Management Program Enrollment Form to UnitedHealthcare for processing. The form does **not** require your Physician's signature. UnitedHealthcare will confirm that all requirements have been met through your claims record. You will receive a letter in the mail confirming your program completion, as well as information about the time period during which you may receive covered prescription diabetes medications and supplies at no cost.