

# Diabetes Management Program

Diabetes affects nearly 30 million Americans. If it is not controlled, it can lead to more serious health conditions like heart disease, kidney failure, blindness, and amputation. The Diabetes Management Program from OptumRx offers a full set of resources to help you manage your diabetes and take care of your health. This program is free under your OptumRx plan.

- **Support:** 1-on-1 coaching sessions with a pharmacist who specializes in diabetes care. You'll also get a medication review. You can talk about how you're feeling and ask any questions you have for how to use your supplies. The diabetes coaches will provide useful tips and support on lifestyle changes, diet and nutrition planning to help you reach your goals. Our tools and education materials can help you stay on track with your treatment.
- **Simple:** There's no need for a paper journal when you track your blood glucose levels with a wireless blood glucose meter. Results are ready right away. You can even share with providers and loved ones through a secure online account.
- **Supplies:** You can get diabetes testing supplies at no cost to you through your plan. The program will use the CONTOUR® NEXT ONE blood glucose meter starting January 1, 2021. You are eligible for a CONTOUR NEXT ONE blood glucose meter and all related blood glucose testing supplies for \$0 copay. See page 2 for how to order your free blood glucose meter and strips.

**How do I know if I can be part of the Diabetes Management Program?** If you are eligible, you are automatically enrolled, and you will receive a letter and phone call to notify you. Then you will schedule a 1-on-1 coaching session with a pharmacist who specializes in diabetes care.

## Questions:

Call the Diabetes Management Program at 1-855-822-6585, 8 a.m. - 8 p.m. CT, Monday - Friday.

## Helpful tip to get your test strips

Ask your doctor for a new prescription for CONTOUR® NEXT test strips, lancets and control solution. Control solution helps ensure the meter is calibrated.

## OptumRx Diabetes Management Program: Free blood glucose meter details

<b>To order meter</b>	Call <b>1-800-401-8440</b> , Code CTR-OPX
<b>To order strips</b>	Talk with your doctor and get a new prescription for: <ul style="list-style-type: none"><li>• CONTOUR NEXT Test Strips</li><li>• MICROLET® NEXT Lancing Device and</li><li>• MICROLET® Lancets</li></ul> Fill your new prescriptions at an in-network pharmacy of choice.
<b>Cost</b>	\$0
<b>About the meter</b>	<ul style="list-style-type: none"><li>• Demonstrated proven accuracy with the CONTOUR NEXT ONE meter and CONTOUR NEXT test strips.</li><li>• smartLIGHT target range indicator gives instant feedback if blood glucose readings are above, below or within target range.</li><li>• Second-Chance® sampling allows up to 60 seconds to reapply more blood which may help prevent wasted strips</li><li>• Seamless Bluetooth Connectivity to the CONTOUR® DIABETES app</li></ul>
<b>Tracking</b>	Seamlessly capture blood sugar results in the CONTOUR DIABETES app
<b>Share results with OptumRx experts</b>	OptumRx Certified Diabetes Educators are available now to help you set up and best utilize the great features in your new meter. Please call the number listed in the welcome letter you received.



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