DIABETES MANAGEMENT PROGRAM
EFFECTIVE JULY 1, 2016
EMPLOYEE BENEFITS DIVISION

AGENDA

- Diabetes Management Program Objectives
- Reason for Transition to the Healthplans
- Eligibility and Communication
- Program Requirements and Optional Services
- New and Currently Enrolled Participants
- Prescription Authorization Process
- Prescription Formulary Changes
- Contact Information

OBJECTIVES

- Assist participants with managing their diabetes
- Stave off more serious health conditions exacerbated by diabetes
- Provide diabetes-related education
- Help offset the cost of diabetes medications and supplies
- Support participants in living a healthier life

REASON FOR TRANSITION TO THE HEALTHPLANS

- Protect participants' privacy
- Establish program requirements based on medical recommendations
- Take full advantage of programs and support available through the healthplans
- Make it easier for members to participate
- Eliminate the administrative burden of participating in the program

ELIGIBILITY AND COMMUNICATION

Eligibility

- Employees and dependents enrolled in the County-sponsored Cigna HMO and UnitedHealthcare PPO medical plans and diagnosed with diabetes
- COBRA beneficiaries are ineligible

Communication from the Healthplans

- Invitation to participate in the program
- Outline of program requirements
- Diabetes tips and information
- A *Program Completion Confirmation Letter* at the completion of the program

PROGRAM REQUIREMENTS

Required

- Annual Physical
- HbA1c Check
- Kidney Function Test (microalbumin & creatine)
- Cholesterol Test
- Blood Pressure Screening
- Annual Diabetes Retinal Eye Exam*

Optional

- Foot Exam*
- Dietitian Visit*
- Disease Management Program*
- Medication Review*
- Dental Cleanings**

* *through medical plan*

** *through dental plan*

PROGRAM REQUIREMENTS

For Cigna Enrollees

- Call your Cigna Medical Group (CMG) Primary Care Physician to schedule your annual physical, check your blood pressure, and have lab tests ordered
- Call a Cigna Medical Group Vision Center to schedule your annual diabetes retinal eye exam with an Optometrist
- Complete a CMG Release Form – email to MaricopaDMP@Cigna.com or fax to 1-602-393-9844 (form provided with your program invitation)

PROGRAM REQUIREMENTS

For UnitedHealthcare Enrollees

- Call your Primary Care Physician to schedule your annual physical, check your blood pressure, and have lab tests ordered
- Call an Ophthalmologist through your UnitedHealthcare medical plan to schedule your annual diabetes retinal eye exam
- Complete and fax or mail your enrollment form to UnitedHealthcare (form provided with your program invitation)

NEW AND CURRENT PARTICIPANTS

- **New Participants**
  - If not currently in the program with a prescription authorization that expires in Plan Year 2016-2017, work with your physician to complete the program requirements for the new Plan Year that starts July 1, 2016

- **Current Participants**
  - If currently in the program with a prescription authorization that expires in Plan Year 2016-2017, current authorization will continue through June 30, 2017

PRESCRIPTION AUTHORIZATION PROCESS

- Prescription authorization eligibility confirmations will be sent to the County by the healthplans on the 23rd of each month.
- Prescription authorizations will be updated in the OptumRx system by the last day of the month following receipt of eligibility confirmation from the healthplans.
- Prescription authorizations will be effective the 1st day of the month following receipt of eligibility confirmation from the healthplans.
- All prescription authorizations will expire on June 30 or when benefits for an “Active Employee” end.

PRESCRIPTION FORMULARY CHANGES

- OptumRx *Premium Formulary* – Effective July 1, 2016.
- Many but not all diabetes medications and supplies are covered under the OptumRx Co-Insurance Prescription Plan.
- If diabetes medications and/or supplies are excluded from the Formulary, work with your physician and the OptumRx Co-Insurance Prescription Plan for possible alternatives.

IMPORTANT: Medications or supplies not included in the Premium Formulary will not be covered regardless of participation in this program.

DIABETES MANAGEMENT PROGRAM CONTACT INFORMATION

Cigna

Contact your Cigna Medical Group Primary Care Physician or access the FollowMyHealth™ patient portal to review your lab results.

UnitedHealthcare

(602) 255-1637

OptumRx

(866) 312-1597

Maricopa County Employee Benefits Division

(602) 506-1010

QUESTIONS