

KNOW YOUR PLAN

It is important to understand your insurance coverage for your diabetes care
– including office visits, screenings, lab tests, and pharmacy coverage.

BEFORE YOU CALL:

- Consider checking your insurance company's website or app — many answers are available there.
- If you need additional assistance, call the phone number listed on your insurance card.
- Check with your insurance company to understand if there are different costs for in-network and out-of-network visits.



Your medical and or/other insurance providers may provide the following benefits:

-  Diabetes Self-Management Education Services (DSMES)
-  Dietitian services/ Medical Nutrition Therapy (MNT)
-  Continuous Glucose Monitor (CGM)
-  Blood sugar testing supplies and test strips
-  Immunizations
-  Specialty care
-  Pharmacy benefits
-  Mental health screenings and coverage
-  Adaptive shoes
-  Foot exams/foot care
-  Lab work
-  Dilated eye exams
-  Dental exams/cleanings

Many insurance companies offer additional free services, including, but not limited to:

-  Annual wellness visits
-  Mental health screenings
-  Nutrition counseling
-  Fitness & wellness resources
-  Fitness/gym membership reimbursement
-  Health coaching/case management for diabetes management or prevention (participation may include free testing supplies and resources)

Visit www.website.com to learn more and to download a sample script to assist you in calling your insurance company.



This resource is meant to guide users through contacting their insurance company and is not a guarantee of coverage or benefits.