

LET FHCP HELP YOU TAKE CONTROL OF YOUR DIABETES

Learn more about your FHCP Diabetes Benefits

Managing your health care and diabetes can be tough. That is why FHCP offers a wide range of diabetes education, and management benefits at no cost to you. Allowing you to focus on your diabetes not your checkbook!

The FHCP Diabetes and Health Education Program*, teaches you how to take control of your health, lifestyle, and nutrition choices. FHCP's team of Registered Nurses, Registered Dietitians, and Certified Diabetes Care and Education Specialists work with you to provide education, tools, and support to understand and manage your diabetes. Education is done through telehealth (ZOOM) or in person at select FHCP facilities.

ALL FHCP INDIVIDUAL, SMALL GROUP AND LARGE GROUP NON-GRANDFATHERED HEALTH PLANS INCLUDE THE FOLLOWING PREVENTIVE DIABETES BENEFITS AND SUPPLIES:

- **\$0 Diabetes self-management education**
- **\$0 Nutritional counseling**
- **\$0 Education classes including:**
 - ✓ Nutrition Game Plan for Diabetes
 - ✓ Heart Healthy Eating
 - ✓ Eat Right Move Right (weight management)
 - ✓ Pre-Diabetes and Diabetes Prevention
 - ✓ Gestational Diabetes and Pregnancy with Diabetes
- **\$0 Lab tests:**
 - ✓ HbA1C – 4 per year
 - ✓ Lipid Panel – 4 per year
 - ✓ Urinalysis – 4 per year
- **\$0 Standard Contour Glucometer – 2 per year**
- **\$0 Diabetes Medications when ordered from your FHCP Pharmacy:**
 - ✓ Metformin 500MG, 850MG, 1000MG Oral Tablet
 - ✓ Metformin ER 24 Hour 500MG Oral, 750MG Oral Tablet
 - ✓ Novolin 70/30 Flexpen Subcutaneous Suspension Pen-Injector (70-30) 100 UNIT/ML
 - ✓ Novolin 70/30 Subcutaneous Suspension (70-30) 100 UNIT/ML
 - ✓ Novolin N FlexPen Subcutaneous Suspension Pen-Injector 100 UNIT/ML
 - ✓ Novolin N Subcutaneous Suspension 100 UNIT/ML
 - ✓ Novolin R FlexPen Injection Solution Pen-Injector 100 UNIT/ML
 - ✓ Novolin R Injection Solution 100 UNIT/ML



PREFERRED FITNESS PROGRAM

When it comes to preventing health conditions and diseases, FHCP believes in the benefits of staying active and fit. Members enrolled in an FHCP Individual ACA health care plan or Small Group Employer ACA health care plan with the words "Gym Access" included in your plan name, means your plan includes free, unlimited access to more than 80 gyms and fitness facilities. Members enrolled in a large group employer health plan, should log into your Member Portal Account to see if you have the Preferred Fitness benefit.



FHCP OFFERS THE FOLLOWING LOW-COST ITEMS when ordered at your FHCP Pharmacy

- **Diabetes Medication:**
 - ✓ \$4, per 31 Tablets - Glimepiride 1MG, 2MG, 4MG Tablet
 - ✓ \$12, per 31 Tablets - Pioglitazone 15MG, 30MG, 45MG Tablet
- **Syringes and Pen Needles – Available at a low cost from your FHCP pharmacy.**

The diabetes supplies below are covered under your plan’s medical benefit and can be found in the [FHCP Medical Pharmacy Formulary](#).

- **Test Strips - \$10 per box of 50 strips**
 - **No Prior Authorization Required:**
 - ✓ Contour Test Strips
 - ✓ Contour Next Test Strips
 - **Prior Authorization Required:**
 - ✓ Accu-Chek Aviva Plus Strip
 - ✓ FreeStyle Lite Test Strip
 - ✓ FreeStyle Test Strip
 - ✓ Nova Max Glucose Test Strip
 - ✓ OneTouch Ultra Blue Strip
 - ✓ OneTouch Verio Strip
 - ✓ Prodigy No Coding Blood Glucose Strip



- **Lancets - \$4 per box of 100**
- **Continuous Blood Glucose Monitoring (see Medical Pharmacy Formulary for limits and restrictions)**
 - ✓ Freestyle Libre 14 Day Reader/Libre 2 Reader - \$40
 - ✓ Freestyle Libre 14 Day Sensor/ Libre 2 Sensor - \$20 (per 14-day supply)
 - ✓ Dexcom G6 Receiver - \$40
 - ✓ Dexcom G6 Transmitter - \$40 (per 90-day supply)
 - ✓ Dexcom G6 Sensor – \$40 (per 30-day supply)

Specialized Diabetes Supplies such as insulin pumps, and pump supplies require Prior Authorization and are subject to the applicable DME or Medical Pharmacy cost-sharing. Please check your schedule of benefits for cost sharing.