

MANAGING TYPE 1 DIABETES

Cigna offers tools and resources to help you stay informed.

Managing type 1 diabetes can be complicated and requires daily attention to diet, exercise and insulin. We've developed this easy-to-follow guide to help you take care of yourself, resulting in a better quality of life and preventing or delaying future diabetes complications. Your plan helps provide access to a wide range of medications, equipment and supplies to help keep your diabetes under control.

CATEGORY	SUPPLIES	COVERAGE	FILL FREQUENCY	WHERE TO FILL
Self-monitoring blood glucose	Certain therapeutic* continuous glucose monitors (CGM) readers/receivers	Pharmacy	Average of every 1-3 years	Retail pharmacy Home delivery
	Certain therapeutic* CGM transmitters	Pharmacy	90 days	Retail pharmacy Home delivery
	Certain therapeutic* CGM sensors	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
	Non-therapeutic* CGMs	Medical	30 or 90 days	Durable Medical Equipment (DME) Supplier
	Glucometers	Not covered. Provided through home delivery with manufacturer program at no cost	Average of every 2 years	Home delivery
	Glucometer test strips	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
	Alcohol wipes	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
	Lancets	Pharmacy	30 or 90 days	Retail pharmacy Home delivery

*A therapeutic CGM is an alternative for home blood glucose monitoring and is approved by the FDA. A non-therapeutic CGM is used in addition to a home blood glucose monitor and is not intended for use in place of home blood glucose monitoring.

Benefits of home delivery



Convenience. Don't waste time standing in line at the pharmacy. Express Scripts® Pharmacy will ship your medication to you at no extra cost.



Safe, private delivery. Express Scripts® Pharmacy's packaging is designed to protect your privacy and stand up to bad weather.



Easy refills. Fill up to a 90-day supply of your medication at one time, so you fill less often.



Manage your orders. You can refill your prescription and pay for your order online or from your mobile phone.



24/7 access to licensed pharmacists. Express Scripts® pharmacists are trained to provide specialized support for conditions like diabetes, high blood pressure and high cholesterol.



Flexible payment options. If you need help paying for your medication, Express Scripts® Pharmacy offers you the option to split your bill into three smaller equal payments.

CATEGORY	MEDICATION/SUPPLIES	COVERAGE	FILL FREQUENCY	WHERE TO FILL
Insulin injections - short-acting/ meal-time (bolus) and long-acting (basal)	Vials (syringes)	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
	Pen (pen needles)	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
Emergency kit for low blood sugar	Glucagon	Pharmacy	30 days	Retail pharmacy Home delivery
Insulin pumps*	Omnipod Dash/ Omnipod 5	Pharmacy	30 or 90 days	Retail pharmacy Home delivery
	Medtronic insulin pump	Medical	Every 4 years	DME supplier
	Tandem pump	Medical	Every 4 years	DME supplier
Other insulin delivery device	Smart insulin pen (in pen)	Pharmacy	30 days	Retail pharmacy Home delivery
	V-Go	Pharmacy	30 days	Retail pharmacy Home delivery
Insulin pump supplies - Omnipod Dash/Omnipod 5	Personal Diabetes Manager (PDM)	Not covered. Provided by manufacturer at no cost	Every year	Direct via manufacturer
Insulin pump supplies - Medtronic and Tandem	Cartridge or reservoir	Medical	30 or 90 days	DME supplier
	Infusion set	Medical	30 or 90 days	DME supplier
	Alcohol pads	Pharmacy	30 or 90 days	Retail pharmacy Home delivery

*Insulin pumps (four year warranty for Medtronic and Tandem, hardware only; software updates are coming)

To receive coverage for any product listed as available under the pharmacy benefit, you must have a prescription. Some of these products are also available over-the-counter (OTC) without a prescription. If you have a prescription for an OTC product, your Cigna plan will cover it under your pharmacy benefit. Work with your provider to get a prescription for covered prescription and OTC products.

For more information on specific medications, equipment and supplies, please visit the American Diabetes Association at www.diabetes.org. Click on **Healthy Living**, then **Medication & Treatments**.

You don't have to go on this diabetes journey alone.



Call the number on your ID card if you have additional questions about your medication or diabetes care.

These are representative of most plans. Individual plans may vary.

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