

# Capital Blue Cross / PSECU - Diabetes Adherence Program

## Capital Blue Cross (CBC), PSECU and You!

Capital Blue Cross has developed a few programs to help employers target their member population whose lives are affected by Diabetes. PSECU has been able to incorporate the programs into the benefit plan starting January 1, 2013. These programs are geared to help individuals manage their disease and encourage them to get proper treatment on a timely basis. There is also a program to provide education and prevention techniques.

### Medical services available at no cost:

Under the Diabetes Adherence Program, members clinically diagnosed with Diabetes will have the following medical benefits paid at 100% and not subject to deductible.

- Lipid panel
- Retinal Eye exam
- Foot exam
- Urine test
- HBAIC

The services must be submitted under the **diabetes diagnosis** codes in order for them to be 100% paid.

### Generic drugs available at no cost:

Through Capital Blue Cross's free condition management programs, specially trained care managers provide important education to help you manage your condition, and personalized one-on-one support by phone to help you follow the treatment plan prescribed by your doctor. Members clinically diagnosed with Diabetes who become "enrolled and engaged" in the Diabetes Management program, may receive Generic Diabetic Prescriptions for free, and Brand Name drugs at a discounted rate.

Condition management services provide:

- One-on-one support by phone provided by specially trained care managers (including registered nurses, licensed practical nurses, registered dieticians, licensed social workers, and professional health coaches)
- Educational materials to increase your knowledge about your condition and your treatment
- Self-management techniques
- Information on healthy lifestyle habits

CBC will notify PSECU of those individuals who became enrolled and engaged. PSECU will enroll the member into the Enhanced Drug program starting the 1<sup>st</sup> of the following month. From then on, the employee is eligible for free generic or discounted Brand name diabetic prescriptions.

*(Please note that depending on timing it could take up to two months before the drug savings begin).*

### Education provided at no cost:

Although members can be charged for formal education provided by a physician, the below listed are provided at no cost:

- Digital Coaching Programs – provided by Capital Blue Cross
- Condition Management – provided by Capital Blue Cross
- On-site Diabetes Lunch and Learns – Recordings Available

**Contact Capital Blue Cross for more information or to enroll: 1-800-892-3033**

