

## Staying Healthy

Diabetes can affect every part of your body. The good news is that you can prevent most diabetes related problems by keeping your blood glucose under control.

## Keys to Daily Blood Glucose Control

- Practice Healthy Eating
- Be Active Daily
- Take Your Medicine as Prescribed
- Monitor Your Blood Glucose

## Your Diabetes Care Team

- You - the most important team member
- Doctor
- Diabetes Nurse Educator
- Registered Dietitian
- Others may include: psychologist or doctors who specialize in care of the heart, eyes, kidneys and feet.



## Your Long Range Health Plan

**See Your Health Care Provider 2-4 times per year:**

- A-I-C testing 2-4 per year
- Comprehensive Foot exams
- Blood Pressure Management
- Cholesterol blood tests
- Kidney and Liver Function Tests
- Flu and Pneumonia Vaccinations
- Medication Adjustments

**See Your Diabetes Education Team Annually:**

- Healthy Meal Planning & Activity
- Understanding Diabetes Numbers & Setting Goals
- Medications
- Blood Glucose Monitoring
- Reducing Risk



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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# Health Insurance for **Diabetes** Care

What's Covered in North Dakota



Covered benefits reported by North Dakota's largest health plans.

## Health Insurance Coverage for Diabetes Care in North Dakota as of January 2015

*Insurance coverage is subject to change. Please contact the appropriate insurance provider.*

<b>Diabetes Procedures, Services and Supplies</b> ✓ Covered ✗ Not Covered N/A Not Applicable	<b>Medicare</b>	<b>Medicaid</b>	<b>Blue Cross Blue Shield</b> * See Below	<b>Medica Health Plan</b> *See Below	<b>Sanford</b> *See Below	<b>ND PERS</b> **See Below
Exam by primary care doctor	✓ 9	✓ 1	✓	✓	✓	✓
Exam by diabetes specialist; such as an endocrinologist	✓ 9	✓ 1	✓ 5	✓	✓ 11	✓ 1(5-EPO Only)
Annual dilated eye exam by an eye care specialist, such as an ophthalmologist	✓ 9	✓ 1	✓ 5	✓	✓ 11	✓ 1(5-EPO Only)
Foot exam by a foot care specialist, such as a podiatrist	✓ 1	✓ 1	✓ 5	✓	✓ 6	✓ 1(5-EPO Only)
Diabetic Shoes	✓	✓	✓	✓	✓ 12	✓
All necessary lab tests ordered by a doctor (HbA1c, Lipids, Microalbumin)	✓ 1	✓	✓	✓	✓	✓
Insulin and pills for diabetes	Part D	✓	✓	✓	✓	✓
Glucose meter Glucose test strips Lancets	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
<b>Coverage for supplies:</b> Syringes Glucagon kit	✗ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
Insulin pump and supplies	✓ 10***	✓ 2	✓ 2	✓	✓ 2	✓ 2
Diabetes education as a hospital outpatient	✓ 3 8	✓ 3 8	✓ 3 8	✓ 3 8	✓	✓ 3 8
Diabetes education in a doctor's office	✓ 3 8	✓ 4	✓ 3	✓ 3	✓	✓ 3
Diabetes education by a home health agency	✓ 7 8	✓ 4	✓ 7 8			✓ 7 8
<b>Education is covered for:</b> DSME (†) and MNT (‡) Individual counseling Group classes	✓ 3 8 ✓ 3 8	✓ 3 8 ✓ 3 8	✓ 3 8 ✓ 3 8	✓ 3 8 ✓ 3 8	✓ 3 8 ✓ 3 8	✓ 3 8 ✓ 3 8
<b>Coverage Limitations:</b> DSME MNT	12 12	16 hr 4 hrs/yr	* *	* *	* *	N/A 4 hrs/yr

- 1 - Covered when ordered by a physician with an appropriate medical diagnosis
- 2 - Prior approval required
- 3 - In accredited/recognized programs
- 4 - Training must be completed by RN Educator or RN and ordered by a physician
- 5 - Referral needed for out-of-network services
- 6 - With physician referral
- 7 - If criteria is met for receiving home health care based on diabetes diagnosis

- 8 - All training and education must be under the supervision of a physician
- 9 - If deemed a medical necessity
- 10 - Must meet certain criteria
- 11 - Referral in network
- 12 - 10 hours of DSME the first year and 2 hours each subsequent year.  
3 hours for MNT the first year and 2 hours each subsequent year.  
Additional hours available if criteria are met.

†DSME- Diabetes Self Management Education by a Registered Nurse Educator or Certified Diabetes Educator (CDE)

‡MNT- Medical Nutrition Therapy by a Registered Dietitian/ Nutritionist (RDN)

\*Benefits will vary by plan \*\* This plan is available only to state employees & political subdivision who participate in PERS \*\*\*Pending final approval from Medicare