

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-1-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

Health Insurance for Diabetes Care

What's Covered in North Dakota



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



**NORTH DAKOTA
DEPARTMENT of HEALTH**
North Dakota Department of Health
Diabetes Prevention and Control Program
600 East Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200 701.328.2698

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.

| Diabetes Procedures, Services and Supplies ✓ Covered ✗ Not Covered N/A Not Applicable | Medicare | Medicaid | Blue Cross Blue Shield * See Below | Medica Health Plan *See Below | Sanford *See Below | ND PERS **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 | ✓ ✓ ✓ | ✓ ✓ ✓ | ✓ ✓ ✓ | ✓ ✓ ✓ | ✓ ✓ ✓ | ✓ ✓ ✓ |
| Coverage for supplies: 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 |
| Education is covered for: 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 |
| Coverage Limitations: 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