

Learn More About Prisma Health's Diabetes Management Program

Prisma Health cares deeply about the health and well-being of our team members and their families.

If you have a diagnosis of diabetes or pre-diabetes, you have specific needs that we want to help you meet. This FAQ is designed to answer many of the questions you may have about our comprehensive Diabetes Management Program. If you have more questions, the phone numbers for Upstate and Midlands are in the purple box at the bottom of the document.

In addition to your regular Medical Plan coverage for diagnosis and treatment, you have access to:

- Care & Condition Management Program resources that are specific to diabetes
- Diabetes Self-Management Education and Support (DSMES) which provides in-depth instruction for those with Type 1, Type 2 or gestational diabetes
- Diabetes Prevention Program (DPP) which provides healthy lifestyle intervention for those at risk for Type 2 diabetes
- MedWell which connects you to providers who will review your current situation and introduce you to programs that address healthy lifestyle needs and any gaps in your preventive care

1. What is the Diabetes Management Program?

It is a program designed to meet you where you are in learning how to live with diabetes. The Diabetes Management Program is free for team members and their adult family members (age 18 or older) who are enrolled in a Prisma Health Medical Plan.

The Diabetes Management Program pulls together resources from the Medical Plan and the Care and Condition Management Program under one umbrella. In addition, you can reduce your prescription copays – which could save you hundreds of dollars in 2024 – earn points on the Team Member Wellness Portal and so much more! Call today to find out how in the Upstate at **864-522-2060** or in the Midlands at **803-434-6644**.

2. How do I enroll in the Diabetes Management Program?

If you are a Team Member on a Prisma Health Aetna medical plan AND Type 2 diabetes is a condition that is part of your wellness journey, you can call **803-434-6644** in the Midlands or **864-522-2060** in the Upstate to enroll.

3. Can I earn points in the Wellness Portal for participating in the Care and Condition Management Program?

Yes, you will earn 15 points for enrolling in the program and an additional 35 points if you meet your goals established with the Care and Condition Management Program. Visit prismahealthwellness.com to participate in the Prisma Health Wellness Portal and visit the Wellness Portal page on BenefitsForMyWorld.com for more information.

4. If I am in the Diabetes Management Program, how much will my medication cost?

Your specified medications and supplies for approved medication would have a \$5 copay for a 30-day supply or \$10 copay for a 31 to 90-day supply. You can see a list of approved medications and supplies by visiting BenefitsForMyWorld.com/physical-wellness and viewing the 2024 Care and Condition Management Program copay list under Diabetes Support.

5. If I have co-morbidities in addition to diabetes, would I get a discount on my medications?

Yes, all approved specified medications and supplies would also be covered with a \$5 copay for a 30-day supply or \$10 copay for a 31 to 90-day supply.

6. If I am approved for a GLP1 medication for managing my diabetes, would that copay be \$5 as well?

The regular formulary copay for GLP1 medications would still apply. If you are on the Select EPO medical plan, the preferred copay would be \$40 at a Prisma Health pharmacy or \$60 (after \$50 annual deductible) at an Aetna Pharmacy. Prisma Health team members with a diabetes diagnosis who take one of these brand-name GLP-1 medications: Ozempic, Rybelsus, Saxenda, Trulicity or Wegovy are encouraged to consider contacting MedWell at **864-455-2455** to enroll and state that you would like a MedWell appointment.

7. I am not sure if I have diabetes, but I have been told I am "pre-diabetic" in the past. What can I do?

You can call **803-434-6644** in the Midlands or **864-522-2060** in the Upstate to enroll and be assessed so that appropriate resources are made available to you. This may include referrals into programs such as Prisma Health's Diabetes Prevention Program (DPP) which is a yearlong program to provide healthy lifestyle intervention for those **at risk** for Type 2 diabetes. Participants are provided a trained lifestyle coach, curriculum approved by the Centers for Disease Control and Prevention (CDC) and a support group. Classes are offered virtually and in-person. This program is free for all Prisma Health team members and community members.

8. I have Type 1 or gestational diabetes. What resources are available to me?

You can call **803-434-6644** in the Midlands or **864-522-2060** in the Upstate to enroll and be assessed so that appropriate resources are made available to you. This may include referrals into programs such as Prisma Health Diabetes Self-Management Education. This no-cost program provides in-depth instruction for those with Type 1, Type 2 or gestational diabetes. It covers all parts of diabetes self-management, including blood sugar monitoring, meal planning, healthy eating, physical activity, medications, training on continuous glucose monitors and insulin pumps and managing the challenges of living with diabetes.

9. Can my spouse/dependents who have Type 2 diabetes participate?

Yes, spouses and dependents over the age of 18 and enrolled in a Prisma Health sponsored medical plan can participate in the Care and Condition Management Program and receive specified medications and supplies for approved medication at the \$5 copay for a 30-day supply or \$10 copay for a 31 to 90-day supply until December 31, 2024. Only team members enrolled in the Care and Condition Management Program are eligible for Wellness Points in 2024.

10. How long will it take for me to receive the discounted medications after enrolling in the Diabetes Management Program?

If you are new to our Diabetes Management Program, when you call **803-434-6644** in the Midlands or **864-522-2060** in the Upstate to enroll, you will be asked to participate in an assessment. You will be eligible for the discounted medications the Monday after your assessment with the Care and Condition Management Program.

11. What happens if I don't complete the Diabetes Management Program?

Should you not graduate from the Care and Condition Management Program, your medications will return to the original retail rate. If you do graduate from the Care and Condition Management Program, you will continue to receive your specified medications and supplies for approved medication at the \$5 copay for a 30-day supply or \$10 copay for a 31 to 90-day supply until December 31, 2024.

12. Are Prisma Health team members on the medical plan eligible for GLP1 medications for weight loss purposes?

As of October 1st, 2023, GLP1s medications are only available for team members with a diabetic diagnosis AND must have a pre-authorization prior to prescription fill. Prisma Health team members on the medical plan with a diabetes diagnosis who take one of these brand-name GLP-1 medications: Ozempic, Rybelsus, Saxenda, Trulicity or Wegovy should schedule an appointment with MedWell by calling **864-455-2455**. Enrolling in MedWell will allow team members on the medical plan to receive 50 points in the Wellness Portal.

Call today to find out about the **FREE** Diabetes Management Program in the Upstate at **864-522-2060** or in the Midlands at **803-434-6644**.