



# MANAGING DIABETES: COVERAGE & RESOURCES



## 10 STEPS FOR PEOPLE LIVING WITH DIABETES



**Eat well:** Find tips, strategies, and ideas for healthy eating.



**Manage sick days:** Take steps to protect your health.



**Get active:** Be physically active to stay in control.



**Schedule your diabetes care:** Put both your daily care and doctor visits on your calendar.



**Maintain a healthy weight:** Learn how to get to a healthy weight (and stay there).



**Be prepared:** Plan ahead to manage your diabetes during times of natural disasters, disease outbreaks, and other emergencies.



**Manage blood sugar:** Know your numbers and how to stay on target.



**Find out how diabetes & mental health are connected:** Find out how they're connected.



**Prevent complications:** Learn how to prevent or delay related health problems.



**Get education and support:** Learn about diabetes self-management training.

# HEALTH PLAN COVERAGE

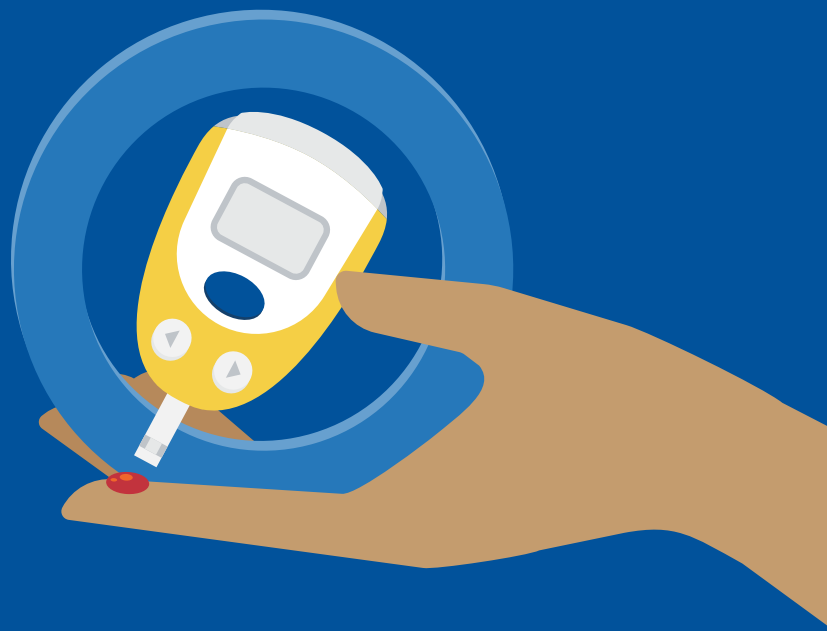
All plans in Marketplace and many other plans must cover preventive services without charging you a copay or coinsurance. This is true even if you haven't met your yearly deductible. Covered services include, but are not limited to:

- **Blood pressure screenings**
- **Cholesterol screenings**
- **Diabetes (type 2) screenings**

In addition to covering preventive services, all plans in Marketplace cover:

- **Ambulatory patient services**
- **Emergency services**
- **Prescription drugs**

Find details at <https://www.healthcare.gov/coverage/what-marketplace-plans-cover/>.



**Need more help?** You may be able to get help if the company that makes your drugs offers patient assistance programs.

**Need health coverage?** Visit [HealthCare.gov](https://www.healthcare.gov) to see if you can enroll in a plan.

## MEDICARE COVERAGE



**Testing and supplies:** Find out if your diabetes test, item, or service is covered by Medicare. Download the “What’s covered” Medicare app available on the [Apple Store](#) or [Google Play Store](#).



**Medication:** Enroll in Medicare Part D for prescription drug coverage that covers diabetes supplies.



**Insulin Coverage:** Use CMS’s Insulin Savings filter on Medicare Plan Finder to display plans that will offer the capped out-of-pocket costs for insulin.



**Self-management training:** Find classes in your area to help you with CDC’s [10 Steps for People Living with Diabetes](#).



**Medicare Savings Programs:** You can get help from your state paying your Medicare premiums.



**Extra Help:** If you have a limited income, this program can help you pay for Medicare prescription drug program costs.

Visit [Medicare.gov](https://www.Medicare.gov) to find and compare providers in your area.

For additional assistance, visit [Medicare.gov](https://www.Medicare.gov) or call **1-800-MEDICARE (TTY1-877-486-2048)**.