

## SCL Diabetic Program

Diabetics cannot properly use the energy from the food they eat. It is closely tied to how your body makes and uses insulin. Insulin is made in the pancreas and keeps blood sugar in the normal range.

At least one in fourteen people have diabetes. There is no cure for diabetes, but it can be effectively managed today. This is achieved through diet, exercise, and medications.

Many long-term problems with diabetes are strongly related to high blood sugar levels. Controlled blood sugar will minimize the risk of:

- Eye problems (diabetic retinopathy)
- Kidney disease (nephropathy)
- Surgical loss of a foot
- Nerve damage (neuropathy)
- Sexual problems
- Frequent infections (skin, yeast, bladder and gum infections)
- Heart attack or stroke (due to high levels of blood fat and hypertension)

A report from the American Association of Clinical Endocrinologists revealed that poorly managed type 2 diabetes costs the U.S. health care system an extra \$22.9 billion each year. This is above and beyond the \$37 billion per year that is spent just on treating diabetes. Annually, health care costs for a person with diabetes are three times more than those for a person without diabetes.

Annual health care costs per person for complications of type 2 diabetes include:

Heart attack:	\$14,150
Chronic kidney disease:	\$9,002
Congestive heart failure:	\$7,932
Stroke:	\$7,806
Coronary heart disease:	\$6,062
Foot problems:	\$4,687
Eye damage:	\$1,785

The most effective way to control diabetes is through regular blood glucose monitoring and visits to your doctor.

Script Care, Ltd. is dedicated to delivering cost-effective programs that offer innovative solutions to healthcare organizations, employer groups and unions, while empowering members to improve their quality of life.

The antidiabetic therapeutic class ranks in the top 10 in plan cost on almost every health plan. Because of the impact diabetic patients can have on a health plan, both prescription and medical, we are offering the SCL Diabetic Program.

The SCL Diabetic Program is a **mandatory** program that requires members to order their diabetic drugs and supplies from a single source. By limiting diabetic members to a single mail order provider, SCL will be able to provide comprehensive DUR by tracking member utilization and staying in contact with them about their condition, drug interactions, and side effects.

The SCL Nurse Staff will enroll members in the program. During enrollment and proactive refill calls, members will be asked a few questions about their condition, doctor visits, and testing. The SCL Nurse Staff will be available to answer any questions members may have about their condition, medications, or testing devices.

All diabetic drugs and supplies are maintenance drugs. The SCL Diabetic Program will deliver a 90 day supply of diabetic medications and supplies to the member.

### **How does a health plan implement the SCL Diabetic Program?**

Once a health plan decides to implement the program, the plan will decide on the copays, an effective date, and how SCL will contact members. Script Care will proactively enroll the members.

### **How do members enroll in the SCL Diabetic Program?**

There are a few ways to enroll members.

1. If a health plan is currently with Script Care, we can identify diabetic members. SCL can call or send a letter to the members directly to enroll them in the program.
2. If the health plan is new with Script Care, we will send letters explaining the program to all members.
3. If a member is new to the plan or is recently diagnosed and tries to get their diabetic medications or supplies from a retail pharmacy, SCL will be notified as soon as the pharmacy tries to process the claim. The SCL Nurse Staff will contact the member to enroll them in the program. They will also have the prescription transferred or they will call the doctor to get a new prescription. There will be no disruption in service to the member.

### **What is covered?**

1. All refrigerated and non-refrigerated diabetic drugs
2. Home Blood Glucose Monitor – **Free of Charge\***
3. Blood Glucose Test Strips
4. Lancets
5. Lancet Device
6. Syringes
7. Alcohol Pads
8. Insulin (insulin is not required to be purchased through the SCL Diabetic Program)

### **What should copays be for the program?**

The copays are decided by the health plan. SCL suggests that supplies should be covered by the plan at \$0.00 copay. This will give members incentive to test regularly. Diabetic drugs should be covered by the plan for 90 day supplies only at 1½ to 2 times the retail copay. The copay for diabetic drugs should be less than the mail order copay. This is also an incentive for members to use their medications correctly. If a plan has percentage copays, there should be a max dollar on the percentage copay. Copays need to be affordable to ensure members are taking their medications.

### **What else does the SCL Diabetic Program provide?**

The goal of this program is to make diabetic drugs and testing more easily available and cost-effective for the member. In addition to medications, supplies, and personalized phone consultations from the SCL Nurse Staff, members will be sent educational materials upon request.

### **How do members place an order?**

#### Initial Order:

- For new Diabetic Prescriptions, members call the SCL Diabetic Program toll free at **1-866-561-8047**, and an SCL Nurse will assist the member in the ordering process.
- If the member already has a Diabetic Prescription that was filled through a retail pharmacy or mail order facility, the member contacts the SCL Diabetic Program toll free at **1-866-561-8047** and an SCL Nurse will assist them in transferring the prescription to the SCL Diabetic Program.

#### Refills:

At the time of the order, SCL will setup a refill reminder. An SCL Nurse will contact the member when it is time for the order to be refilled.