



All you need to know about managing diabetes

You can prevent and manage diabetes through your medical and pharmacy benefits. Here's what you need to know if Priority Health only provides your medical benefits.

How does Priority Health support diabetes care?

Priority Health offers tools and programs through your medical benefits to help you prevent and manage your diabetes.

- **National Diabetes Prevention Program** is a year-long educational program that helps participants learn practical strategies to prevent type 2 diabetes.
- **Omada** helps reduce your risk of prediabetes and chronic disease through online nutrition guidance and personalized health coaching.
- One-on-one support from Priority Health **care managers**.
- We are partnered with several **durable medical equipment (DME)** providers specifically for diabetes supplies.



Your non-Priority Health **pharmacy benefits provider** may manage prescription medications (e.g., insulin), formulary decisions, continuous glucose monitors and other diabetes supplies. Prior authorization may be required.

Continue reading to learn more about these tools and programs. ➡

Diabetes Prevention Programs

NATIONAL DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program is part of the CDC's National Diabetes Prevention Program to help people make sustainable lifestyle changes. Priority Health partners with three providers who host many workshops throughout the year. You may learn how to eat healthier, lose weight and incorporate more physical activity into your daily routines.

Register with one of these providers to join the National Diabetes Prevention Program for low or no cost.

National Kidney Foundation Michigan

Attend an Info Session to learn more about upcoming classes.

Call 800.482.1455 or visit ***Readysetprevent.org***.

Corewell East

Most classes are virtual and provided at no cost.

Call 313.738.1678 or visit ***corewellhealth.org/classes-events/southeast-michigan***.

Michigan YMCAs

All classes are virtual and provided at no cost.

Call 855.478.6836 or email ***ydpp@muskegonymca.org***.

Am I eligible for the National Diabetes Prevention Program?

If you're a Priority Health member, age 18 or older, with a body mass index (BMI) over 25 and you're diagnosed with pre-diabetes or at risk for developing diabetes, you're eligible for this prevention program.

ONLINE, SELF-PACED SUPPORT



Rather than attending a class, you can participate in an online, self-paced supportive program with the **Omada Health Diabetes Prevention Program**. It features professional health coaching, small peer support groups, weekly online lessons and a smart wireless scale. Same eligibility criteria applies.

Sign up at ***app.omadahealth.com/registration/v2***.

Diabetes Management Tools and Programs



CARE MANAGEMENT

Priority Health care managers help you manage diabetes and other chronic conditions, from making sure you have the necessary equipment to connecting you with in-network doctors and specialists.

Call the customer service number on the back of your member ID card to be connected to a care manager.

FIND DIABETIC SUPPLIES

Priority Health partners with several durable medical equipment suppliers specifically for diabetes supplies, including:

Byram Healthcare | byramhealthcare.com

CareLinc | carelinccmed.com

J&B Medical | jandbmedical.com

Medtronic | medtronicdiabetes.com

Tandem | tandemdiabetes.com



Which diabetes supplies require pre-approval (also known as prior authorization)?

- Newly prescribed and replacement insulin pumps
- Shoe inserts
- Durable medical equipment over \$1,000 per item
- All durable medical equipment rentals

Work with your doctor to submit the pre-approval request to Priority Health.