

Large Print Edition

Medicare Coverage of Diabetes Supplies, Services, & Prevention Programs

This official government booklet has important information about:

- What Medicare covers
- Helpful tips to keep you healthy
- Where to get more information



Centers for Medicare & Medicaid Services

The information in this booklet describes the Medicare Program at the time this booklet was printed. Changes may occur after printing. Visit [Medicare.gov](https://www.medicare.gov), or call 1 800 633 - 4227 to get the most current information. TTY users can call 1 877 486 - 2048.

“Medicare Coverage of Diabetes Supplies, Services, & Prevention Programs” isn’t a legal document. Official Medicare Program legal guidance is contained in the relevant statutes, regulations, and rulings.

This educational publication was produced and disseminated at U.S. taxpayer expense. It’s not a guidance document.

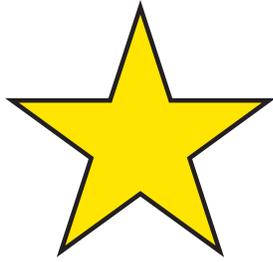


Table of Contents

Introduction __ Page 5

Section 1: Medicare Coverage for Diabetes at-a-Glance __ Page 9

Section 2: Medicare Part B Coverage for Diabetes Supplies __ Page 19

Blood sugar self-testing equipment & supplies __ Page 20

Insulin pumps __ Page 26

Therapeutic shoes or inserts __ Page 26

Replacing lost or damaged durable medical equipment or supplies in a disaster or emergency __ Page 28

Section 3: Medicare Drug Coverage for Diabetes __ Page 29

Insulin __ Page 30

Anti-diabetic drugs __ Page 30

Diabetes supplies __ Page 31

For more information __ Page 32

4 — Table of Contents

Section 4: Medicare Coverage for Diabetes Screenings & Services __ Page 33

Diabetes screenings __ Page 34

Medicare Diabetes Prevention Program __ Page 35

Diabetes self-management training __ Page 36

Medical nutrition therapy services __ Page 41

Foot exams & treatment __ Page 42

Hemoglobin A1c tests __ Page 43

Glaucoma tests __ Page 43

Flu & pneumococcal shots __ Page 44

“Welcome to Medicare” preventive visit __ Page 44

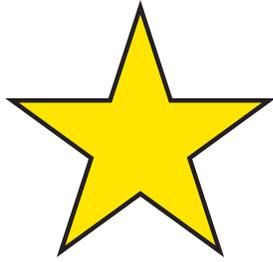
Yearly “Wellness” visit __ Page 45

Supplies & services that Medicare doesn’t cover __
Page 45

Section 5: Helpful Tips & Resources __ Page 47

Tips to help control diabetes __ Page 48

Phone numbers & websites __ Page 50



Introduction

This booklet explains Medicare coverage of diabetes supplies and services in Original Medicare and with Medicare drug coverage (Part D).

Original Medicare is fee-for-service coverage. The government usually pays your health care providers directly for your Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) benefits.

If you have other insurance that supplements Original Medicare, like a Medicare Supplement Insurance (Medigap) policy, it may pay some of the costs for some of the services described in this booklet. Contact your plan's benefits administrator for more information.

If you have a Medicare Advantage Plan or other Medicare health plan, your plan must give you at least the same coverage as Original Medicare, but it may have different rules. Your costs, rights, protections, and choices for where you get your care might be different if you're in one of these plans. You might also get extra benefits. Read your plan materials, or call your benefits administrator for more information.

6 — Introduction

It will be helpful to understand these terms as you read this booklet:

Coinsurance: An amount you may be required to pay as your share of the cost for services after you pay any deductibles. Coinsurance is usually a percentage (for example, 20%).

Copayment: An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or prescription drug. A copayment is usually a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor's visit or prescription.

Deductible: The amount you must pay for health care or prescriptions before Original Medicare, your prescription drug plan, or your other insurance begins to pay.

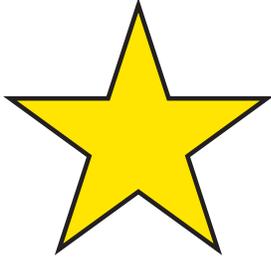
Durable medical equipment: Certain medical equipment, like a walker, wheelchair, or hospital bed, that's ordered by your doctor for use in the home.

Medicare-approved amount: In Original Medicare, this is the amount a doctor or supplier that accepts assignment can be paid. Assignment is an agreement by your doctor, provider, or supplier to be paid directly by Medicare, to accept the payment amount Medicare approves for the service, and not to bill you for any more than the Medicare

7 — Introduction

deductible and coinsurance. It may be less than the actual amount a doctor or supplier charges. Medicare pays part of this amount and you're responsible for the difference.

- End of Page



Section 1: Medicare Coverage for Diabetes at-a-Glance

The information on pages 10 – 17 provides a quick overview of some of the diabetes services and supplies covered by Medicare Part B (Medical Insurance) and Medicare drug coverage (Part D).

Generally, Part B covers the services that may affect people who have diabetes. Part B also covers some preventive services for people who are at risk for diabetes. You must have Part B to get services and supplies it covers.

Part D covers diabetes supplies used to inject or inhale insulin. You must be enrolled in a Medicare drug plan to get supplies Part D covers.

10 — Section 1: Medicare Coverage for Diabetes At-a Glance

Anti-diabetic drugs

See page 30 – 31.

What Medicare covers

Part D covers anti-diabetic drugs to maintain blood sugar (glucose).

What you pay

Coinsurance or copayment

Part D deductible may also apply

Diabetes screening tests

See page 34.

What Medicare covers

Part B covers these screenings if your doctor determines you're at risk for diabetes. You may be eligible for up to 2 diabetes screening tests each year.

What you pay

No coinsurance, copayment, or Part B deductible for screenings

Generally, 20% of the Medicare-approved amount after the yearly Part B deductible for the doctor's visit

Medicare Diabetes Prevention Program

See pages 35 – 36.

What Medicare covers

Part B covers a once-per-lifetime health behavior change program to help you prevent diabetes.

What you pay

Nothing for these services if you're eligible

Diabetes self- management training

See pages 36 – 41.

What Medicare covers

Part B covers diabetes self-management training services for people recently diagnosed with diabetes or at risk for complications from diabetes. For Medicare to cover these services, your doctor or other health care provider must order it, and an accredited individual or program must provide the services.

What you pay

20% of the Medicare-approved amount after the yearly Part B deductible

Diabetes equipment & supplies

See page 20 – 24.

What Medicare covers

Part B covers home blood sugar (glucose) monitors and supplies you use with the equipment, including blood sugar test strips, lancet devices, and lancets. There may be limits on how much or how often you get these supplies.

What you pay

20% of the Medicare-approved amount after the yearly Part B deductible

Diabetes supplies

See page 31.

What Medicare covers

Part D covers certain medical supplies to administer insulin (like syringes, needles, alcohol swabs, gauze, and inhaled insulin devices).

What you pay

Coinsurance or copayment

Part D deductible may also apply

13 — Section 1: Medicare Coverage for Diabetes At-a Glance

Flu & pneumococcal shots

See page 44.

What Medicare covers

- **Flu shot**—To help prevent influenza or flu virus. Part B covers this shot once a flu season in the fall or winter to help prevent influenza or flu virus.
- **Pneumococcal shot**—Part B covers this shot to help prevent pneumococcal infections (like certain types of pneumonia).

What you pay

No coinsurance, copayment, or Part B deductible if your doctor or health care provider accepts assignment

Foot exams & treatment

See page 42.

What Medicare covers

Part B covers a foot exam every 6 months if you have diabetic peripheral neuropathy and loss of protective sensation, as long as you haven't seen a foot care professional for another reason between visits.

What you pay

20% of the Medicare approved amount after the yearly Part B deductible

14 — Section 1: Medicare Coverage for Diabetes At-a Glance

Glaucoma tests

See page 43.

What Medicare covers

Part B covers this test once every 12 months if you're at high risk for glaucoma. A doctor legally authorized by the state must do the test.

What you pay

20% of the Medicare-approved amount after the yearly Part B deductible

Insulin

See page 30.

What Medicare covers

Part D covers insulin that isn't administered with an insulin pump.

What you pay

Coinsurance or copayment

Part D deductible may also apply

15 — Section 1: Medicare Coverage for Diabetes At-a Glance

Insulin pumps

See page 26.

What Medicare covers

Part B covers external durable insulin pumps and the insulin the pump uses under durable medical equipment if you meet certain conditions.

What you pay

20% of the Medicare-approved amount after the yearly Part B deductible

Medical nutrition therapy (MNT) services

See pages 41 – 42.

What Medicare covers

Part B may cover medical nutrition therapy and certain related services if you have diabetes or kidney disease. Your doctor or other health care provider must refer you for these services.

What you pay

No copayment, coinsurance, or Part B deductible if your doctor or health care provider accepts assignment

16 — Section 1: Medicare Coverage for Diabetes At-a Glance

Therapeutic shoes or inserts

See pages 26 – 28.

What Medicare covers

Part B covers therapeutic shoes or inserts if you have diabetes and severe diabetic foot disease.

What you pay

20% of the Medicare-approved amount after the yearly Part B deductible

“Welcome to Medicare” preventive visit

See page 44.

What Medicare covers

Within the first 12 months you have Part B, Medicare covers a one-time review of your health, and education and counseling about preventive services, including certain screenings, shots, and referrals for other care, if needed.

What you pay

No copayment, coinsurance, or Part B deductible if your doctor or health care provider accepts assignment

Yearly “Wellness” visit

See page 45.

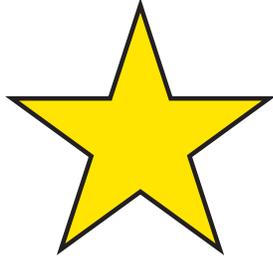
What Medicare covers

If you’ve already had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors.

What you pay

No copayment, coinsurance or Part B deductible if your doctor or health care provider accepts assignment

If you had a “Welcome to Medicare” visit, you’ll have to wait 12 months before you can get your first yearly “Wellness” visit.



Section 2: Medicare Part B Coverage for Diabetes Supplies

This section provides information about Part B (Medical Insurance) and its coverage of diabetes supplies.

Medicare covers certain supplies if you have diabetes and Part B, including:

- **Blood sugar self-testing equipment & supplies.** See pages 20 – 21.
- **Insulin pumps.** See page 26.
- **Therapeutic shoes or inserts.** See pages 26 – 28.

- End of Page

Blood sugar self-testing equipment & supplies

Part B covers blood sugar (also called blood glucose) self-testing equipment and supplies as durable medical equipment, even if you don't use insulin.

Self-testing supplies include:

- **Blood sugar monitors**
- **Blood sugar test strips**
- **Lancet devices and lancets**
- **Glucose control solutions** for checking the accuracy of testing equipment and test strips

Part B covers the same type of blood sugar testing supplies listed above for people with diabetes whether or not they use insulin. However, the amount of supplies that Part B covers varies.

- If you use insulin, you may be able to get up to 300 test strips and 300 lancets every 3 months.
- If you don't use insulin, you may be able to get 100 test strips and 100 lancets every 3 months.

If your doctor says it's medically necessary, and if other qualifications and documentation requirements are met, **Medicare will allow you to get additional test strips and lancets.** "Medically necessary" means that you need services or supplies for the diagnosis or treatment

21 — Section 2: Medicare Part B Coverage for Diabetes Supplies

of your medical condition and meet accepted standards of medical practice. You may need to keep a record that shows how often you're actually testing yourself.

If you meet certain criteria, Medicare also covers therapeutic continuous glucose monitors and related supplies approved for use in place of blood sugar monitors for making diabetes treatment decisions (like changes in diet and insulin dosage). If you use insulin and require frequent adjustments to your insulin regimen/dosage, Medicare may cover a continuous glucose monitor if your doctor determines that you meet all of the requirements for Medicare coverage, including the need to frequently check your blood sugar (4 or more times a day) and the need to either use an insulin pump or receive 3 or more insulin injections per day. You must also make routine in-person visits with your doctor.

If you have questions about diabetes supplies, visit [**Medicare.gov/coverage**](https://www.medicare.gov/coverage). You can also call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

What do I need from my doctor to get these covered supplies?

Medicare will only cover your blood sugar self-testing equipment and supplies if you get a prescription from your doctor. The prescription should include:

- Whether you have diabetes.
- What kind of blood sugar monitor you need and why you need it. (If you need a special monitor because of vision problems, your doctor must explain that.)
- Whether you use insulin.
- How often you should test your blood sugar.
- How many test strips and lancets you need for one month.

Where can I get these supplies?

- You can order and pick up your supplies at your pharmacy.
- You can order your supplies from a medical equipment supplier. Generally, a “supplier” is any company, person, or agency that gives you a medical item or service, except when you’re an inpatient in a hospital or skilled nursing facility. If you get your supplies this way, you must place the order yourself. You’ll need a prescription from your doctor to place your order, but your doctor can’t order the supplies for you.

23 — Section 2: Medicare Part B Coverage for Diabetes Supplies

Keep these in mind:

- You must ask for refills for your supplies.
- You need a new prescription from your doctor for your lancets and test strips every 12 months.

What supplier or pharmacy should I use?

Before you get a supply it's important to ask the supplier or pharmacy these questions:

- Are you enrolled in Medicare?
- Do you accept assignment?

If the answer to either of these 2 questions is “no,” you should call another supplier or pharmacy in your area who answers “yes” to be sure Medicare covers your purchase and to save you money.

If you can't find a supplier or pharmacy in your area that's enrolled in Medicare and accepts assignment, you may want to order your supplies through the mail. This may also save you money.

To find a supplier that's enrolled in Medicare, visit [Medicare.gov/supplier](https://www.medicare.gov/supplier). Or, call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

Note: Medicare won't pay for any supplies you didn't ask for, or for any supplies that were sent to you automatically from suppliers, including blood sugar monitors, test strips, and lancets. If you're getting supplies sent to you

24 — Section 2: Medicare Part B Coverage for Diabetes Supplies

automatically, getting advertisements that are misleading, or suspect fraud relating to your diabetes supplies, call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

You must get supplies from a pharmacy or supplier that's enrolled in Medicare. If you go to a pharmacy or supplier that isn't enrolled in Medicare, Medicare won't pay. **You'll have to pay the entire bill for any supplies from non-enrolled pharmacies or non-enrolled suppliers.**

Who's responsible for submitting claims?

All Medicare-enrolled pharmacies and suppliers must submit claims for blood sugar (glucose) monitors, test strips, and other items covered under durable medical equipment. You can't submit a claim for a blood sugar monitor or test strips yourself.

You should also make sure that the pharmacy or supplier accepts assignment for Medicare-covered supplies.

This could save you money. If the pharmacy or supplier accepts assignment, Medicare will pay the pharmacy or supplier directly.

What do I have to pay?

You pay no more than your coinsurance amount when you get your supplies from a pharmacy or supplier that accepts assignment. If your pharmacy or supplier **doesn't** accept assignment, charges may be higher, and you may pay more. You may also have to pay the entire charge at the time of service and wait for Medicare to send you its share of the cost.

- End of Page

Insulin pumps

Part B may cover insulin pumps worn outside the body (external), including the insulin used with the pump for some people with Part B who have diabetes and who meet certain conditions. Certain insulin pumps are considered durable medical equipment.

How do I get an insulin pump?

If you need to use an insulin pump, your doctor will prescribe it for you.

Note: In Original Medicare, you pay 20% of the Medicare-approved amount after the yearly Part B deductible. Medicare will pay 80% of the cost of the insulin and the insulin pump. For more information about durable medical equipment and diabetes supplies, visit [Medicare.gov](https://www.Medicare.gov), or call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

Therapeutic shoes or inserts

If you have Part B, have diabetes, and meet certain conditions (see page 16), Medicare will cover therapeutic shoes if you need them.

The types of shoes Part B covers each year include **one** of these:

- One pair of depth-inlay shoes and 3 pairs of inserts

27 — Section 2: Medicare Part B Coverage for Diabetes Supplies

- One pair of custom-molded shoes (including inserts) if you can't wear depth-inlay shoes because of a foot deformity, and 2 additional pairs of inserts

Note: In certain cases, Medicare may also cover separate inserts or shoe modifications instead of inserts.

How do I get therapeutic shoes?

For Medicare to pay for your therapeutic shoes, the doctor treating your diabetes must certify that you meet these 3 conditions:

1. You have diabetes.
2. You have at least one of these conditions in one or both feet:
 - Partial or complete foot amputation
 - Past foot ulcers
 - Calluses that could lead to foot ulcers
 - Nerve damage because of diabetes with signs of problems with calluses
 - Poor circulation
 - A deformed foot
3. You're being treated under a comprehensive diabetes care plan and need therapeutic shoes and/or inserts because of diabetes.

28 — Section 2: Medicare Part B Coverage for Diabetes Supplies

Medicare also requires:

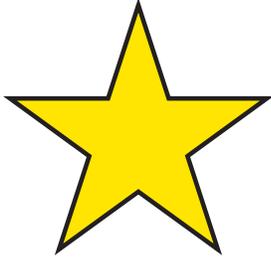
- A podiatrist or other qualified health care provider prescribes the shoes.
- A doctor or other qualified individual like a pedorthist, orthotist, or prosthetist fits and provides the shoes.

Replacing lost or damaged durable medical equipment or supplies in a disaster or emergency

If Original Medicare already paid for durable medical equipment (like a wheelchair or walker) or supplies (like diabetic supplies) damaged or lost due to an emergency or disaster:

- In certain cases, Medicare will cover the cost to repair or replace your equipment or supplies.
- Generally, Medicare will also cover the cost of rentals for items (like wheelchairs) during the time your equipment is being repaired.

Call 1 800 633 - 4227 to get more information about how to replace your equipment or supplies. TTY users can call 1 877 486 - 2048.



Section 3: Medicare Drug Coverage for Diabetes

This section provides information about Medicare drug coverage (Part D) for people with Medicare who have or are at risk for diabetes. To get Medicare drug coverage, you must join a Medicare drug plan. Medicare drug plans cover these diabetes drugs and supplies:

- Insulin
- Anti-diabetic drugs
- Certain diabetes supplies

Part D Senior Savings Model

You may be able to join a drug plan that gives supplemental benefits for insulin starting January 1, 2021. The Part D Senior Savings Model is available to all people with Medicare. Plans that participate in this model will offer coverage choices that include multiple types of insulin at a maximum copayment of \$35 for a 30-day

30 — Section 3: Medicare Drug Coverage for Diabetes

supply. People taking insulin who enroll in a participating plan could save up to \$446 a year in out-of-pocket costs.

Visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) to find a participating plan in your state.

Insulin

Medicare drug plans cover injectable insulin not used with an insulin infusion pump and inhaled insulin.

Anti-diabetic drugs

Blood sugar (glucose) that isn't controlled by insulin is maintained by anti-diabetic drugs. Medicare drug plans can cover anti-diabetic drugs like:

- Sulfonylureas (like Glipizide, and Glyburide)
- Biguanides (like metformin)
- Thiazolidinediones, like Actos® (Pioglitazone)
- Meglitinides, which are a class of anti-diabetic drug including Starlix® (Nateglinide) and Prandin® (Repaglinide)
- Alpha glucosidase inhibitors (like Precose®)
- Glucagon-like peptide 1 (GLP-1) receptor agonists (like Adlyxin® (lixisenatide), Byetta®, Bydureon® (exenatide), Ozempic® (semaglutide), Tanzeum® (albiglutide), Trulicity® (dulaglutide) and Victoza® (liraglutide)).

31 — Section 3: Medicare Drug Coverage for Diabetes

- Sodium-Glucose Co-Transporter 2 Inhibitors (SGLT-2 inhibitors) like Farxiga® (dapagliflozin), Invokana® (canagliflozin), Jardiance® (empagliflozin)

Diabetes supplies

Supplies used to inject or inhale insulin may be covered if you have Medicare drug coverage and diabetes. These medical supplies include:

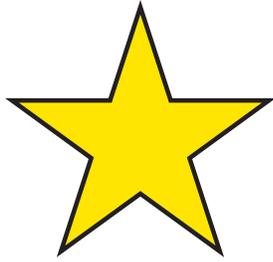
- Syringes
- Insulin pens with or without included insulin
- Needles
- Alcohol swabs
- Gauze
- Inhaled insulin devices
- Inhaled insulin devices with or without included insulin

For more information

To get more information about Medicare drug coverage:

- Visit [Medicare.gov/drug-coverage-part-d](https://www.Medicare.gov/drug-coverage-part-d)
- Call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.
- Call your State Health Insurance Assistance Program (SHIP). To get their phone number, visit [shiptacenter.org](https://www.shiptacenter.org), or call 1 800 633 - 4227.

- End of Page



Section 4: Medicare Coverage for Diabetes Screenings & Services

Part B covers certain services, screenings, and trainings to help you prevent, detect, and treat diabetes.

In general, your doctor must write an order or referral for you to get these services, including:

- **Diabetes screening tests.** See page 34.
- **Medicare Diabetes Prevention Program.** See pages 35 – 36.
- **Diabetes self-management training.** See pages 36 – 41.
- **Medical nutrition therapy services.** See pages 41 – 42.
- **Hemoglobin A1c tests.** See page 43.

You can get some Medicare-covered services without a written order or referral. See pages 43 – 44.

Diabetes screenings

Part B pays for diabetes screening tests if you're at risk for diabetes. These tests help detect diabetes early. You may be at risk for diabetes if you have:

- High blood pressure
- Dyslipidemia (history of abnormal cholesterol and triglyceride levels)
- Obesity (with certain conditions)
- Impaired glucose (blood sugar) tolerance
- High fasting glucose (blood sugar)

Medicare may pay for up to 2 diabetes screening tests in a 12-month period. After the initial diabetes screening test, your doctor will determine if you need a second test. Medicare covers these diabetes screening tests:

- Fasting glucose (sugar) blood tests
- Other glucose blood tests approved by Medicare as appropriate

If you think you may be at risk for diabetes, talk with your doctor to see if you can get these tests.

Medicare Diabetes Prevention Program

Part B covers a once-per-lifetime health behavior change program to help you prevent type 2 diabetes. The program begins with weekly core sessions in a group setting over a 6-month period. In these sessions, you'll get:

- Training to make realistic, lasting behavior changes around diet and exercise.
- Tips on how to get more exercise.
- Strategies to control your weight.
- A specially trained coach to help keep you motivated.
- Support from people with similar goals and challenges.

Once you complete the core sessions, you'll get:

- 6 monthly follow-up sessions to help you maintain healthy habits.
- An additional 12 monthly ongoing maintenance sessions if you meet certain weight loss goals.

To be eligible, you must have:

- Part B (or a Medicare Advantage Plan).
- A fasting plasma glucose of 110-125mg/dL, a 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test), or a hemoglobin A1c test result between 5.7 and 6.4% within 12 months prior to attending the first core session.

36 — Section 4: Medicare Coverage for Diabetes Services

- A body mass index (BMI) of 25 or more (BMI of 23 or more if you're Asian).
- No history of type 1 or type 2 diabetes.
- No End-Stage Renal Disease (ESRD).
- Never participated in the Medicare Diabetes Prevention Program.

You pay nothing for these services if you're eligible.

Visit [**Medicare.gov/contacts**](https://www.medicare.gov/contacts) to see if there's a Medicare Diabetes Prevention Program supplier in your area.

Diabetes self-management training

Diabetes self-management training helps you learn how to successfully manage your diabetes. Your doctor or other health care provider must prescribe this training for Part B to cover it.

You can get diabetes self-management training if you meet one of these conditions:

- You were diagnosed with diabetes.
- You changed from taking no diabetes medication to taking diabetes medication, or from oral diabetes medication to insulin.
- You have been diagnosed with diabetes and are at risk for complications (see next page).

37 — Section 4: Medicare Coverage for Diabetes Services

Your doctor or other health care provider may consider you at increased risk if any of these apply to you:

- You have problems controlling your blood sugar, have been treated in an emergency room, or have stayed overnight in a hospital because of your diabetes.
- You've been diagnosed with eye disease related to diabetes.
- You have a lack of feeling in your feet or some other foot problems, like ulcers, deformities, or have had an amputation.
- You've been diagnosed with kidney disease related to diabetes.

Your doctor or other health care provider will usually give you information about where to get diabetes self-management training. You must get this training from an approved individual or program as part of a plan of care prepared by your doctor or other health care provider. These programs and individuals are accredited by the American Diabetes Association or the American Association of Diabetes Educators.

How much training is covered?

Diabetes self-management training classes are taught by health care professionals who have special training in diabetes education. Medicare will cover up to 10 hours of initial training and 2 hours of follow-up training if you need it.

38 — Section 4: Medicare Coverage for Diabetes Services

You must complete the initial training no more than 12 months from the time you start it. The initial training includes one hour of training on an individual, one-on-one basis. The other 9 hours of initial training are usually given in a group setting.

Important: Your doctor or other health care professional may prescribe up to 10 hours of the initial training to be one-on-one rather than in a group when it's appropriate. Some indications for one-on-one training include:

- Low-vision
- A hearing impairment
- A language or other communication difficulty, or
- Cognition limitations.

In addition, Medicare also covers one-on-one training if no groups are available within 2 months of the date of the order.

Medicare covers up to 2 hours of follow-up training each year after the year you receive the initial training if you need it. To be eligible for the follow-up training, you must get a written order from your doctor or other health care professional. The follow-up training can be in a group or one-on-one sessions. Remember, your doctor or other health care professional must prescribe this follow-up training each year for Medicare to cover it.

39 — Section 4: Medicare Coverage for Diabetes Services

Note: Diabetes self-management training is available in many Federally Qualified Health Centers (FQHCs). FQHCs provide primary health services and qualified preventive services in medically underserved rural and urban areas. Some types of FQHCs are Community Health Centers, Migrant Health Centers, Health Care for the Homeless Programs, Public Housing Primary Care Centers, and outpatient health programs/facilities operated by a tribe or tribal organization or by an urban Indian organization. You don't have to pay a Part B deductible. For more information about FQHCs, visit

[CMS.gov/Center/Provider-Type/ Federally-Qualified-Health-Centers-FQHC-Center](https://www.cms.gov/Center/Provider-Type/Federally-Qualified-Health-Centers-FQHC-Center), or call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

Telehealth: If you're in a rural area, you may be able to get diabetes self- management training services from a practitioner, like a registered dietitian, in a different location through telehealth. Telehealth services are only available to patients at certain health care locations in rural areas, so check with your practitioner to see if you can get some of your training via telehealth.

For more information about telehealth services, call 1 800 633 - 4227.

40 — Section 4: Medicare Coverage for Diabetes Services

What will I learn in this training?

Through diabetes self-management training, you'll learn how to successfully manage your diabetes. This includes information on self-care and lifestyle changes. The first diabetes self-management training session is an individual assessment to help the instructors better understand your needs.

Classroom training will cover topics like these:

- General information about diabetes, the benefits of blood sugar control, and the risks of poor blood sugar control
- Nutrition and how to manage your diet
- Options to manage and improve blood sugar control
- Exercise and why it's important to your health
- How to take your medications properly
- Blood sugar testing and how to use the information to improve your diabetes control
- How to prevent, recognize, and treat acute and chronic complications from your diabetes
- Foot, skin, and dental care
- How diet, exercise, and medication affect blood sugar
- Behavior changes, goal setting, risk reduction, and problem solving
- How to adjust emotionally to having diabetes

41 — Section 4: Medicare Coverage for Diabetes Services

- Family involvement and support
- The use of the health care system and community resources

Medical nutrition therapy services

In addition to diabetes self-management training, Part B covers medical nutrition therapy services if you have diabetes or renal disease. To be eligible for these services, your fasting blood sugar has to meet certain criteria. Also, your doctor or other health care provider must prescribe these services for you.

A registered dietitian or certain nutrition professionals can give these services:

- An initial nutrition and lifestyle assessment
- Nutrition counseling (what foods to eat and how to follow an individualized diabetic meal plan)
- How to manage lifestyle factors that affect your diabetes
- Follow-up visits to check on your progress in managing your diet

Remember, your doctor or other health care provider must prescribe medical nutrition therapy services each year for Medicare to pay.

42 — Section 4: Medicare Coverage for Diabetes Services

Note: Medical nutrition therapy is available in many Federally Qualified Health Centers (FQHCs). FQHCs provide primary health services and qualified preventive services in medically underserved rural and urban areas. Some types of FQHCs are Community Health Centers, Migrant Health Centers, Health Care for the Homeless Programs, Public Housing Primary Care Centers, and outpatient health programs/facilities operated by a tribe or tribal organization or by an urban Indian organization. You don't have to pay a Part B deductible or coinsurance. For more information about FQHCs, call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

Telehealth: If you're in a rural area, a registered dietitian or other nutritional professional in a different location may be able to provide medical nutrition therapy to you through telehealth. Telehealth services are only available to patients at certain health care locations in rural areas, so check with your provider to see if you can get some of these services via telehealth.

Foot exams & treatment

If you have diabetes-related nerve damage in either of your feet, Part B will cover one foot exam every 6 months by a podiatrist or other foot care specialist, unless you've seen a foot care specialist for some other foot problem

43 — Section 4: Medicare Coverage for Diabetes Services

during the past 6 months. Medicare may cover more frequent visits if you've had a non-traumatic (not because of an injury) amputation of all or part of your foot, or your feet have changed in appearance which may indicate you have serious foot disease.

Remember, you should be under the care of your primary care doctor or diabetes specialist when getting foot care.

Hemoglobin A1c tests

A hemoglobin A1c test is a lab test that measures how well your blood sugar has been controlled over the past 3 months. If you have diabetes, Part B covers this test if your doctor orders it.

For more information, call 1 800 633 - 4227.

Glaucoma tests

Part B will pay for you to have your eyes checked for glaucoma once every 12 months if you're at increased risk of glaucoma. You're considered high risk for glaucoma if you have:

- Diabetic retinopathy (a diabetes complication that affects eyes), or
- Have a family history of glaucoma, or
- Are African-American and 50 or older, or
- Are Hispanic and 65 or older.

44 — Section 4: Medicare Coverage for Diabetes Services

This test must be done or supervised by an eye doctor who's legally allowed to give this service in your state.

Flu & pneumococcal shots

Part B will pay for you to get a flu shot (vaccine) generally once a flu season in the fall or winter. Part B will also pay for a pneumococcal shot (vaccine) to prevent pneumococcal infections (like certain types of pneumonia). Part B covers a different second pneumococcal shot 11 months after you get the first shot. Talk with your doctor or other health care provider to see if you need these shots.

“Welcome to Medicare” preventive visit

Part B covers a one-time review of your health, and education and counseling about preventive services within the first 12 months you have Part B. This includes information about certain screenings, shots, and referrals for other care if needed. The “Welcome to Medicare” preventive visit is a good opportunity to talk with your doctor about the preventive services you may need, like diabetes screening tests.

45 — Section 4: Medicare Coverage for Diabetes Services

Yearly “Wellness” visit

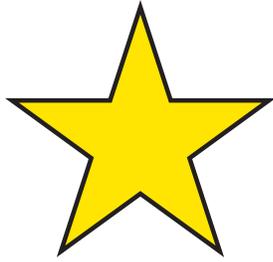
If you’ve had Medicare Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors. This includes:

- A review of medical and family history
- A list of current providers and prescription drugs
- Your height, weight, blood pressure, and other routine measurements
- A screening schedule for appropriate preventive services
- A list of risk factors and treatment options for you

Supplies & services that Medicare doesn’t cover

Original Medicare and Medicare drug plans don’t cover everything. For example, these supplies and services **aren’t** covered:

- Eyeglasses and exams for glasses (called refraction), except after cataract surgery
- Orthopedic shoes (shoes for people whose feet are impaired, but intact)
- Cosmetic surgery



Section 5: Helpful Tips & Resources

More information is available to help you make health care choices and decisions that meet your needs.

For more information about Medicare coverage of diabetes, visit [Medicare.gov](https://www.Medicare.gov) or call 1 800 633 - 4227. TTY users can call 1 877 486 - 2048.

- End of Page

Tips to help control diabetes

You can take several steps to help control your diabetes. Here are some tips that can help you stay healthy:

Eat right

- Talk with your doctor about what, how much, and when to eat. Your doctor, diabetes educator, or other health care provider can develop a healthy eating plan that's right for you.
- Talk with your doctor about how much you should weigh. Your doctor can talk to you about the different ways to help you reach your weight goal.

Take medicine as directed

Talk with your doctor if you have any problems.

Exercise

Be active for a total of 30 minutes most days. Talk with your doctor about which activities can help you stay active.

Check these things

- Check your blood sugar (glucose) as often as your doctor tells you. You can record this information in a record book. Show your records to your doctor.

49 — Section 5: Helpful Tips & Resources

- Check your feet for cuts, blisters, sores, swelling, redness, or sore toenails. It's very important to keep your feet healthy to prevent serious foot problems.
- Frequently check your blood pressure.
- Have your doctor check your cholesterol.
- If you smoke, talk with your doctor about how you can quit. Medicare will cover smoking cessation (counseling to stop smoking) if ordered by your doctor.

Following these tips can help you manage your diabetes. Talk with your doctor, diabetes educator, or other health care provider about your treatment, the tests you should get, and what you can do to help control your diabetes. You can also talk with your doctor about your treatment options. You and your doctor can decide what's best for you. You can also find out more by contacting the organizations on the next page.

Phone numbers & websites

**Centers for Disease Control and Prevention (CDC),
Department of Health and Human Services (HHS)**

cdc.gov/diabetes

1 800 232 - 4636

Healthfinder

healthfinder.gov

Indian Health Service

ihs.gov/diabetes/

Division of Diabetes Treatment & Prevention

1 505 256 - 6716

National Diabetes Education Program (NDEP)

ndep.nih.gov

1 800 860 - 8747

**National Institute of Diabetes & Digestive & Kidney
Diseases (NIDDK) of the National Institutes of
Health (NIH), DHHS**

niddk.nih.gov

www.niddk.nih.gov/health-information/diabetes

1 800 860 - 8747 (Clearinghouse)

CMS Accessible Communications

To help ensure people with disabilities have an equal opportunity to participate in our services, activities, programs, and other benefits, we provide communications in accessible formats. The Centers for Medicare & Medicaid Services (CMS) provides free auxiliary aids and services, including information in accessible formats like Braille, large print, data/audio files, relay services and TTY communications. If you request information in an accessible format from CMS, you won't be disadvantaged by any additional time necessary to provide it. This means you'll get extra time to take any action if there's a delay in fulfilling your request.

To request Medicare or Marketplace information in an accessible format you can:

1. Call us: For 1 800 633 - 4227. TTY: 1 877 486 - 2048.

2. Email us: altformatrequest@cms.hhs.gov.

3. Send us a fax: 1 844 530 - 3676.

4. Send us a letter:

Centers for Medicare & Medicaid Services Offices of
Hearings and Inquiries (OHI)

7500 Security Boulevard,

Mail Stop S1-13-25

Baltimore, MD 21244-1850

Attn: Customer Accessibility Resource Staff

53 — CMS Accessible Communications

Your request should include your name, phone number, type of information you need (if known), and the mailing address where we should send the materials. We may contact you for additional information.

Note: If you're enrolled in a Medicare Advantage Plan or Medicare Prescription Drug Plan, contact your plan to request its information in an accessible format. For Medicaid, contact your State or local Medicaid office.

Nondiscrimination Notice

The Centers for Medicare & Medicaid Services (CMS) doesn't exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, disability, sex, or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by CMS directly or through a contractor or any other entity with which CMS arranges to carry out its programs and activities.

You can contact CMS in any of the ways included in this notice if you have any concerns about getting information in a format that you can use.

You may also file a complaint if you think you've been subjected to discrimination in a CMS program or activity, including experiencing issues with getting information in an accessible format from any Medicare Advantage Plan, Medicare Prescription Drug Plan, State or local Medicaid office, or Marketplace Qualified Health Plans.

55 — Nondiscrimination Notice

There are three ways to file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

1. **Online:** <https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>.
2. **By phone:** Call 1 800 368 - 1019. TTY users can call 1 800 537 - 7697.
3. **In writing:** Send information about your complaint to:
Office for Civil Rights
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

**U.S. DEPARTMENT OF
HEALTH AND HUMAN SERVICES**



Centers for Medicare & Medicaid Services

7500 Security Boulevard

Baltimore, Maryland 21244-1850

Official Business

Penalty for Private Use, \$300

CMS Product No. 11022-LE

Revised December 2020

This product was produced at U.S. taxpayer expense.

**Medicare's Coverage of Diabetes Supplies, Services,
& Prevention Programs**

- Medicare.gov
- 1 800 633 - 4227, TTY: 1 877 486 - 2048

¿Necesita una copia en español? Visite Medicare.gov

en el sitio Web. Para saber si esta publicación esta

impresa y disponible (en español), llame GRATIS al

1 800 633 - 4227. Los usuarios de TTY deben llamar al

1 877 486 - 2048.