

Meet Together Blue Diabetes

Making diabetes
management
more affordable



Because Life.™

Get the care you need at the right price with Together Blue Diabetes.

Taking control of diabetes is an important step in your overall health. It can help prevent or delay issues like heart disease, kidney disease, and vision loss. With **Together Blue Diabetes**, you have a health plan that helps keep you on track.

COVERAGE LEVEL	TOGETHER BLUE DIABETES EPO GOLD 0
In-Network Deductible	Individual: \$0 Family: \$0
In-Network, Out-of-Pocket Maximum	Individual: \$7,500 Family: \$15,000
Primary Care Visit	\$20 copay
Specialist Visit	\$20 copay \$5 <i>Select Specialist*</i>
Outpatient Mental Health and Substance Abuse Visits	\$20 copay
Speech, Physical, and Occupational Therapy and Chiropractic Care ²	\$45 copay
Diagnostic Test ³ (Lab/X-ray)	\$35 copay \$0 <i>Select Labs*</i>
Urgent Care ⁴	\$40 copay
Emergency Services	\$300 copay
Hospital Inpatient (including Maternity)	\$500 copay
Pharmacy Summary ¹	\$0/\$30/\$150/50% \$3 <i>Select Rx*</i>
Includes Dental and Vision Option	Yes

¹Visit highmarkacaformulary.com to view our Formulary and see if your drug is covered, and at which tier.

²Limit of 30 combined physical and occupational therapy visits per benefit period. Limit does not apply to therapy services for the treatment of Mental Health or Substance Abuse.

³The copayment, if any, does not apply to diagnostic services prescribed for the treatment of Mental Health or Substance Abuse.

⁴The copayment, if any, does not apply to urgent care services prescribed for the treatment of Mental Health or Substance Abuse.

*Unique benefits to Together Blue Diabetes.

Benefits include:

\$5 copays for cardiology, endocrinology, and nephrology visits.

FREE diabetic foot exam and retinal eye exam.

FREE diagnostic lab tests:

- HbA1c
- Metabolic panel
- LDL
- Nephropathy exam

Extra support when you need it

Eligible members will get personalized support** to help manage their diabetes, including:

- A free smart glucometer, HbA1c kit, and unlimited test supplies.
- A care plan based on your unique needs, with regular check-ins from your care team.
- A wearable continuous glucose monitor, for high-risk members, that takes readings throughout the day.
- The Onduo app, to help make it easier for you to manage your diabetes.

**Some support services may be limited to those members diagnosed with type 2 diabetes.

Prescriptions

To view a complete list, visit highmark.link/TBD1.

FREE Tier 1 drugs, including:

- Acarbose
- Glimepiride
- Glipizide
- Glipizide ER
- Glipizide XL
- Glyburide
- Glyburide micronized
- Metformin HCL
- Metformin HCL ER
- Pioglitazone HCL

\$3 copay on select Tier 2 and Tier 3 diabetes drugs, including:

- Basaglar KwikPen U-100
- Farxiga
- Humalog KwikPen U-100
- Invokana
- Januvia
- Jardiance
- NovoLog FlexPen
- Ozempic
- Rybelsus
- Trulicity



Get the plan you need at a price you can afford.

Enrolling is easy. Visit Highmark.com or call 1-833-796-0888.

HIGHMARK 

Because Life.™



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Insurance or health care coverage may be provided by or through Highmark Blue Cross Blue Shield or Highmark Coverage Advantage, both of which are independent licensees of the Blue Cross Blue Shield Association.

Onduo is a separate company that provides a virtual diabetes care program for Highmark members.

Discrimination is Against the Law

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Claims Administrator/Insurer does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex assigned at birth, gender identity or recorded gender. Furthermore, the Claims Administrator/Insurer will not deny or limit coverage to any health service based on the fact that an individual's sex assigned at birth, gender identity, or recorded gender is different from the one to which such health service is ordinarily available. The Claims Administrator/Insurer will not deny or limit coverage for a specific health service related to gender transition if such denial or limitation results in discriminating against a transgender individual. The Claims Administrator/Insurer:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that the Claims Administrator/Insurer has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity, you can file a grievance with: Civil Rights Coordinator, P.O. Box 22492, Pittsburgh, PA 15222, Phone: 1-866-286-8295, TTY: 711, Fax: 412-544-2475, email: CivilRightsCoordinator@highmarkhealth.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

If you speak English, language assistance services, free of charge, are available to you. Call 1-800-876-7639.

Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 1-800-876-7639.

如果您说中文，可向您提供免费语言协助服务。請致電 1-800-876-7639。

Nếu quý vị nói tiếng Việt, chúng tôi cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số 1-800-876-7639.

한국어를 사용하시는 분들을 위해 무료 통역이 제공됩니다. 1-800-876-7639 로 전화.

Kung nagsasalita ka ng Tagalog, may makukuha kang mga libreng serbisyong tulong sa wika. Tumawag sa 1-800-876-7639.

Если вы говорите по-русски, вы можете воспользоваться бесплатными услугами языковой поддержки. Звоните 1-800-876-7639.

إذا كنت تتحدث اللغة العربية، فهناك خدمات المعونة في اللغة المجانية متاحة لك. اتصل على الرقم 1-800-876-7639.

Si se Kreyòl Ayisyen ou pale, gen sèvis entèprèt, gratis-ticheri, ki la pou ede w. Rele nan 1-800-876-7639.

Si vous parlez français, les services d'assistance linguistique, gratuitement, sont à votre disposition. Appelez au 1-800-876-7639.

Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń 1-800-876-7639.

Se a sua língua é o português, temos atendimento gratuito para você no seu idioma. Ligue para 1-800-876-7639.

Se parla italiano, per lei sono disponibili servizi di assistenza linguistica a titolo gratuito. Chiamare l'1-800-876-7639.

Wenn Sie Deutsch sprechen, steht Ihnen unsere fremdsprachliche Unterstützung kostenlos zur Verfügung. Rufen Sie 1-800-876-7639.

日本語が母国語の方は言語アシスタンス・サービスを無料でご利用いただけます。 1-800-876-7639 を呼び出します。

اگر شما به زبان فارسی صحبت می کنید، خدمات کمک زبان رایگان با تماس با شماره 1-800-876-7639 .