



## Diabetes CareTrakRx Program

You are not alone! Approximately one out of every eleven people has diabetes. People with type 2 diabetes do not make enough insulin and the body cannot use the insulin it produces. People with type 2 diabetes account for 95% of all diagnosed cases. For most people with type 2 diabetes, disease progression can be managed with healthy eating, regular physical activity and adherence to medications.

### How does the program help me?

MedTrakRx's program includes three main elements to help you improve health and manage both your own and your Rx Program costs including:

- Comprehensive member education to engage diabetics on better disease management
- Utilization Management: formulary alignment, access to medications that may help you lose weight through a prior authorization, clinical reviews for medications that may have risk for increased side effects
- Free glucometer program

### Member education is the key to success!

We offer a communication program to educate you on your medication options. Then, we offer education specific to managing diabetes as a condition. For many people with type 2 diabetes, you can lower the risks of complications associated with diabetes by adhering to your medication regimen, eating a balanced diet and increasing your activity. Adhering to your medication regimen, eating a balanced diet, and increasing activity may sound simple, but we understand it can be very difficult and overwhelming which is why additional education and support can be a key success factor for you!

# MEDTRAK<sub>Rx</sub>



If you have diabetes, did you know...

- The average person with diabetes takes 7.5 medications? That is a lot to manage, but you are not alone! Our program is designed to help you stay educated about your medications.
- Controlling your blood sugars can lower your risk of complications; such as heart disease and nerve pain? Our program is designed to empower you to take control of your health.

# Diabetes Management (*continued*)

## What medications are impacted?

Drug Class	Preferred	Non-Preferred
DPP-4 inhibitors	Januvia, Janumet, Janumet XR, Tradjenta, Jentadueto	Kombiglyze, Onglyza, Kazano, Nesina
SGLT2 inhibitors	Farxiga, Xigduo, Invokamet, Invokana	Jardiance, Synjardy
GLP-1 agonists	Byetta, Bydureon, Victoza	Tanzeum, Trulicity
Long-acting insulin	Lantus, Toujeo, Basaglar	Tresiba, Levemir
Other insulins	Novolin, Novolog	Apidra, Humalog, Humulin
Test Strips	One Touch	Accu-Chek®, FreeStyle®, TRUEtrack®, Contour, various others

## What if I have questions?

We highly encourage you or your pharmacist to call the MedTrakRx Help Desk at 1-800-771-4648 to quickly resolve any issue you are experiencing. This number is also located on your Medical/Rx ID card. We do not have a voice response system, and your call will be answered by a live person eager to assist you!

Sources:

[http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp#.V6udl\\_krJpg](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp#.V6udl_krJpg);

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