Covered Diabetes Supplies for Maryland's Value Plans

Diabetes is a challenge. Your care shouldn't be.
$0 cost-sharing information for covered diabetes supplies and medications

Living with diabetes can feel like a lot to manage. CareFirst is here to help make getting covered supplies a little easier. Maryland Value Plans cover certain diabetes supplies and medications at $0 cost-sharing for eligible members with diabetes. This page can help members see what is covered under the medical and pharmacy plan benefits, how it is covered and where to go next.
(Click CTRL+F to search this document.)

Who this information is for

This information applies to members enrolled in the Maryland Health Benefit Exchange Value Plans listed below.

2026 Plan Year	2027 Plan Year
BlueChoice HMO Value ■ Bronze 10150 ■ Silver 4500 VisionPlus ■ Silver 4500 A VisionPlus ■ Silver 4500 B VisionPlus ■ Silver 4500 C VisionPlus ■ Gold 1000	BlueChoice HMO Value ■ Bronze 11110 ■ Silver 4500 VisionPlus ■ Silver 4500 A VisionPlus ■ Silver 4500 B VisionPlus ■ Silver 4500 C VisionPlus ■ Gold 1300
BluePreferred PPO Value ■ Bronze 10150 ■ Silver 4500 VisionPlus ■ Silver 4500 A VisionPlus ■ Silver 4500 B VisionPlus ■ Silver 4500 C VisionPlus ■ Gold 1000	BluePreferred PPO Value ■ Bronze 11110 ■ Silver 4500 VisionPlus ■ Silver 4500 A VisionPlus ■ Silver 4500 B VisionPlus ■ Silver 4500 C VisionPlus ■ Gold 1300

With these plans, certain covered diabetes supplies are available at $0 cost-sharing when you meet the plan's coverage rules. That means you pay $0 for those covered supplies so you can focus on your health. More on Maryland benefit plans.

Covered diabetes supplies and medications at $0 cost-sharing

To help make diabetes care easier to manage, Maryland Value Plans include these supplies and medications at $0 cost-sharing:

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc., which are independent licensees of the Blue Cross and Blue Shield Association. ® Registered trademark of the Blue Cross and Blue Shield Association.

- Test strips and glucometers
- Preferred brands of insulin
- At least one continuous glucose monitor (CGM) product for members with diabetes who meet medically necessary criteria
- At least one medication from each required oral diabetes drug class: biguanides, thiazolidinediones and sulfonylureas

A glucometer is a small meter you can use at home to check your blood sugar. You place a small blood sample on a test strip and put the strip into the meter. The meter then shows your blood sugar level. Home blood glucose monitoring may be medically necessary if you have insulin-treated diabetes, non-insulin-treated diabetes or gestational diabetes. Monitoring can help you and your care team manage your blood sugar. More information regarding CGMs is available below.

Covered diabetes supplies and medications

Under the medical benefit

Diabetes Supplies* *The following diabetic supplies are available at no cost:*		**Diabetes Drugs** *The following prescription drugs are available at no cost:*	
Injection and insulin-pump supplies:	Injection supplies, pump infusion sets, pump syringes, disposable insulin delivery system	Insulin cartridges and pens	150/300-unit cartridges, disposable pens, insulin syringes
Continuous glucose monitoring supplies:	Monthly CGM allowances, sensors, transmitters		
Blood/urine glucose testing supplies:	Test strips, lancets, testing cartridges, disposable monitors		
Syringes and needles:	Sterile syringes in multiple sizes and needles		
Antiseptics:	Alcohol, peroxide, Betadine/iodine, chlorhexidine		
Tape and gloves			

Under the pharmacy plan benefit

A formulary, also called a drug list, is a list of prescription drugs an insurance plan covers. Please refer to our Exchange Formulary for the current list of supplies and medications covered under the Maryland Value Plans. These may include blood glucose testing supplies, continuous glucose monitors (CGM), preferred insulin, biguanides, thiazolidinediones and/or sulfonylureas. NOTE: The formulary is updated regularly, so please refer often to the link above.

** You may qualify for a blood glucose meter at no cost to you. To request a new meter through the diabetic meter program, submit a request online at https://info.caremark.com/dig/managingdiabetes. Select "Request a Meter" and follow directions online. If you have questions, please call 1-877-418-4746 Monday through Friday between 9 a.m. and 5 p.m. Eastern Time.*

*** All Preferred Brand insulins are available at no cost. Please refer to your drug list at carefirst.com/rx to view the Preferred Brand insulins available on your plan.*

If you are a current CareFirst member in a Maryland Value Plan, log in to My Account at carefirst.com/myaccount for the most accurate drug cost and pricing information. Go to *Coverage* and select *Drug and Pharmacy Resources* to find a pharmacy, refill prescriptions, see which formulary you are on or use the drug pricing tool. You can also call the pharmacy telephone number on your member ID card if you have additional questions. (View our current formularies.)

For Maryland Value Plan members, the diabetic supplies and prescription drugs listed below are not subject to your deductible and have a $0 copay. This list may not be all inclusive and does not guarantee coverage. The coverage of prescription drugs and supplies along with the utilization management listed on the next page is dependent on your benefit plan and is subject to change.

Diabetes Supplies* *The following diabetic supplies are available at no cost:*	**Diabetes Drugs** *The following prescription drugs are available at no cost:*
Acetone Urine Test Strips	acarbose
Alcohol Swabs	alogliptin
Continuous Glucose Monitors *(includes receivers, transmitters, and sensors)*	alogliptin/metformin
Disposable Insulin Pumps	alogliptin/pioglitazone
Glucose Blood Test Strips	glimepiride
Glucose Urine Test Strips	glipizide, glipizide ext-rel, xl
Glucose Urine Test Tablets	glipizide/metformin
Glucose-Ketone Blood Test Strips	glyburide, glyburide micronized
Glucose-Cholesterol Test Strips	glyburide/metformin
Insulin Injection Devices	insulin**
Insulin Pen Needles	metformin, metformin ext-rel
Insulin Syringes	miglitol
Insulin Syringes/Needles	pioglitazone
Ketone Blood Test Strips	pioglitazone/glimepiride
Lancets	pioglitazone/metformin
	repaglinide
	saxagliptin/metformin

Blood glucose monitors (glucometers and CGMs) for eligible members

Blood glucose monitors are also called glucometers. They are used at home to check blood sugar. Most people use a finger stick. Some products may let you use another testing site. Some monitors include features that help people who are visually impaired use the meter with less help.

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A continuous glucose monitor, or CGM, can help keep track of glucose levels during the day. A CGM checks glucose in the fluid between cells using a sensor placed on or under the skin. CGMs may still require finger-stick checks in some cases, such as when the device needs to be checked or when symptoms do not match the device reading.

Medical necessity and prior authorization coverage

Under the medical plan drug benefit

CareFirst uses MCG Care Guidelines® and its clinical criteria to determine whether continuous glucose monitoring is medically necessary. Coverage may be available for either long-term or short-term monitoring based on the member's individual clinical needs.

The criteria consider factors such as the type of diabetes, the member's treatment plan, and whether additional information about glucose patterns is needed to support treatment decisions. For example, short-term monitoring may be used when a provider needs more information about low or high glucose levels or the effect of a treatment change.

Some CGM products may require prior authorization before they are covered. Members should work with your healthcare provider to determine whether CGM may be appropriate and to submit any information needed for the coverage review.

Under the pharmacy plan benefit

Some CGM products may need prior authorization or review before they are covered. Prior authorizations (also called pre-certifications) are reviews and assessments of medical services. They are designed to help ensure that our members receive the right care, at the right time, in the right location. Please refer to this link regarding prior authorization coverage criteria for CGMs.

For a list of Prior Authorization forms sorted by drug, please visit carefirst.com/rx and click the *Drug Forms* button on the left. To access all Prior Authorization Fax Forms and policies for pharmacy benefits, click the *CVS Caremark Prior Authorization Documents* button at the bottom of the page. (Please note that you will be leaving the CareFirst site and will be routed to a website owned by CVS Caremark and subject to CVS Caremark's Privacy Policy and Terms and Conditions.)

How to confirm coverage of diabetes medication and supplies

Under the medical plan drug benefit

For CareFirst members, work directly with your healthcare provider to confirm the medication and supplies covered under your medical benefit.

Under the pharmacy plan drug benefit

For CareFirst members who have pharmacy benefits, mail order is a convenient way to get medications delivered directly to you. It's especially helpful for getting refills for drugs taken frequently—often daily; these are referred to as maintenance medications and are used to treat conditions, such as diabetes. A prescription for a maintenance medication can often be filled

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multiple times before a doctor is required to write a new one. To register for mail order, choose one of the following ways:

- **Online**: Go to carefirst.com/myaccount and log in. Under the *Coverage* and select *Drug and Pharmacy Resources*, and select *Request a New Mail Order Prescription*.
- **By phone**: Call the toll-free pharmacy telephone number on your member ID card. Our Customer Care representatives can walk you through the process.
- **By mail**: If you already have your prescription, you can send it to us with a completed Mail Service Pharmacy Order Form. Log in to My Account and select the *Coverage* tab, then choose *Drug and Pharmacy Resources*. Scroll to the bottom of the page and click on *My Drug Forms*. Mailing instructions are included on the form.

Once you register for Mail Order Pharmacy you'll be able to fill prescriptions online, by phone or by email; schedule automatic refills; choose your delivery location; consult a pharmacist by phone 24/7; receive email notification of order status; and choose from multiple payment options.

Learn more about Maryland Value Plan diabetes benefits

Have questions? We're here to help. For CareFirst members, please call the Member Services number on the back of your CareFirst ID card to learn more about the diabetes medications and supplies covered by your plan.

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