

Type II Diabetes Reference Guide

This information is applicable for Blue Advantage® in 2023 and 2024.*

When prescribing medication to diabetic patients, consider their preferences or concerns:

- Insurance coverage/cost
- Oral vs. injectable
- Side effects or contraindications
- Patients' perception/what they've heard
- Patients' past experience with medication

Formulary Medications With Cardiovascular Benefits	Formulary Medications With Heart Failure Benefits	Formulary Medications With Chronic Kidney Disease Benefits
Jardiance (empagliflozin) Ozempic (semaglutide) Trulicity (dulaglutide) Victoza (liraglutide)	Farxiga (dapagliflozin) Jardiance (empagliflozin) Synjardy (empagliflozin/metformin) Xigduo XR (dapagliflozin/metformin)	SGLT2s Victoza (liraglutide)

Medications may have income-based manufacturer patient assistance programs. See the Pharmacy webpage under Resources at AlabamaBlue.com/Providers for details.

Average Impact on Weight	
TZD – gain (up to 11 kg)	DPP-4 – neutral
Sulfonylureas – gain (2 to 5 kg)	SGLT2 – loss (2 to 4 kg)
Metformin – neutral	GLP-1 – loss (2 to 5 kg)

Possible Hypoglycemia Risk
Sulfonylureas – high risk
GLP-1/SGLT2/DPP-4 – low risk
Metformin/TZD – none



*Changes to the listed drugs may occur. Scan this QR code for our Drug Lookup Tool for up-to-date information.

URL: bcbsalmedicare.com/sales/web/medicare/druglookup

DPP-4 = Dipeptidyl peptidase-4 inhibitors
SGLT2 = Sodium-glucose cotransporter 2 inhibitors
GLP-1 = Glucagon-like peptide 1 agonists
TZD = Thiazolidinediones

A diabetes diagnosis is often hard for patients. Here are some tips for your patients to be successful with this change in their lives.

Metformin

- Advise to take with meals to alleviate GI discomfort
- Educate patients on benefits of better glucose control
- Explain side effects when prescribing and at follow-up appointments
- Share that Metformin ER* may have fewer GI side effects
- Start with once daily dosing and titrate up as tolerated

Did you know?

Over 60% of Blue Advantage members who start on Metformin are non-adherent.

**Metformin HCl ER 500 mg and 750 mg are both covered with \$0 copay for Blue Advantage members.*

Controlling Blood Glucose Levels

- Encourage setting realistic goals
- Promote physical activity
- Recommend blood glucose monitoring*
- Suggest keeping a food log

**LifeScan (OneTouch) and Ascensia (Contour) meters and test strips are both covered with \$0 copay for Blue Advantage members.*

Additional Resources

- Schedule Diabetes Self-Management Training and Medical Nutrition Therapy
- Refer patients needing additional support to Blue Advantage Case Management at **1-888-341-5030**

