

# Type II Diabetes Reference Guide

Effective January 2025

Measure Requirements	
<b>Description</b>	Medication adherence for diabetes medications.
<b>Population</b>	Patients with a prescription for diabetes medication* who fill their prescription often enough to cover 80% or more of the time they are supposed to be taking the medication.
*Filling insulin will exclude patients from this measure.	

Metformin's Impact on Adherence
<ul style="list-style-type: none"> <li>• Over 60% of Blue Advantage® members who start on Metformin are non-adherent.</li> <li>• To reduce GI side effects, prescribe extended-release metformin.</li> <li>• For formulary coverage at no cost to member**, write for generic Glucophage XR 500 mg or 750 mg, and sign for product selection permitted.</li> </ul>
**Some plans may require use of preferred pharmacy for \$0 copay.

Recommend Regular Blood Glucose Monitoring
<p>Lifescan (<b>OneTouch</b>) and Ascensia (<b>Contour</b>) meters and test strips purchased at the pharmacy are covered with \$0 copay for Blue Advantage members.</p> <p><b>\$0 CGM products</b> obtained through the pharmacy are limited to Medicare-covered <b>Dexcom</b> products and Abbott <b>Freestyle</b> products.</p> <p>If obtaining diabetic testing supplies or CGM products from a Durable Medical Equipment (DME) supplier, standard DME benefits apply.</p>

## 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

# Prescribing Considerations

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

Brand 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

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



Changes to the listed drugs may occur. Scan this QR code to see up-to-date information in our Drug Lookup Tool.  
**BCBSALMedicare.com/sales/web/medicare/druglookup**

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