Managing Diabetes: Medicare Coverage & Resources

10 Steps for People Living with Diabetes



Eat well





Get active! Be physically active to stay in control.



Maintain a healthy weight Learn how to get to a healthy weight (and stay there).



Manage blood sugar Know your numbers and how to stay on target.



Prevent complications Learn how to prevent or delay related health problems.



Manage sick days Take steps to protect your health.



Schedule your diabetes care Put both your daily care and doctor visits on your calendar.



Be prepared! Handle emergencies by thinking ahead.



Find out how diabetes & mental health are connected Find out how they're connected.



Get education and support Learn about diabetes selfmanagement training.

Learn more about the 10 steps.





Find a Medicare Provider Visit Medicare.gov to find and compare providers in your area.

Medicare Coverage

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Testing and supplies:

Find out if your diabetes test, item, or service is covered by Medicare.

Download the "What's covered" Medicare app available on the Apple Store or Google Play Store.



Medication:

Enroll in Medicare Part D for prescription drug coverage that covers diabetes supplies.

Self-management training:

Find classes in your area to help you with CDC's 10 Steps for

Help with Costs



Extra Help:

If you have a limited income, this program can help you pay for Medicare prescription drug program costs.



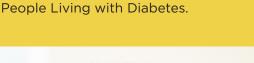
Medicare Savings Programs:

You can get help from your state paying your Medicare premiums.



Drug company patient assistance programs:

You may be able to get help if the company that makes your drugs offers patient assistance programs.



Need Help?

Call **1-800-MEDICARE** (1-800-633-4227) TTY users can call **1-877-486-2048**

or visit Medicare.gov

or write to: **Medicare Contact Center Operations** PO Box 1270 Lawrence, KS 66044

También disponible en español: https://es.medicare.gov/publications/



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