

# Managing Diabetes: Medicare Coverage & Resources



## 10 Steps for People Living with Diabetes



### Eat well

Find tips, strategies, and ideas for healthy eating.



### 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.

## Find a Medicare Provider

Visit [Medicare.gov](https://www.Medicare.gov) to find and compare providers in your area.



### 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 self-management training.

Learn more about the [10 steps](#).



## Medicare Coverage



### 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 People Living with Diabetes.

## 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/>



Paid for by the US Department of Health and Human Services.

Pub #12091 Revised on 8/13/20