
Health Awareness Series

Diabetes: Current Monitoring Technology

Today's topics



- What diabetes monitoring technology is available?
- What does Highmark Health Options cover?

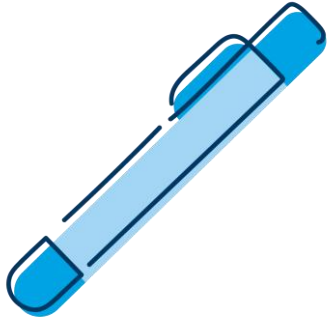
Section 1

What diabetes monitoring technology is available?

Managing and monitoring your diabetes

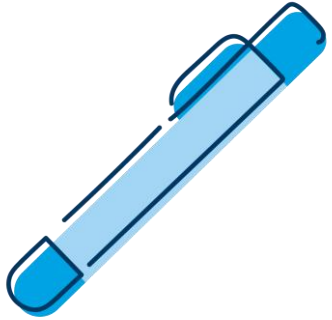
Diabetes monitoring technology has come a long way.

- 1 Smart insulin pen
- 2 Blood glucose meter
- 3 Continuous glucose monitoring (CGM)
- 4 Insulin pumps
- 5 CGM-insulin pumps



Smart insulin pen

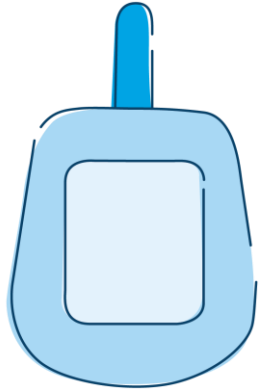
- Reusable injector pen. Comes with smartphone app to help manage insulin delivery.
- Calculates and tracks doses.
- Provides reminders, alerts, and reports.
- Available as add-on to current insulin pen **OR** as reusable form which uses prefilled cartridges (no vials or disposable pens).
- Affordable and easy to use.



Smart insulin pen

The biggest challenges for many insulin pen (multiple daily injections) users are:

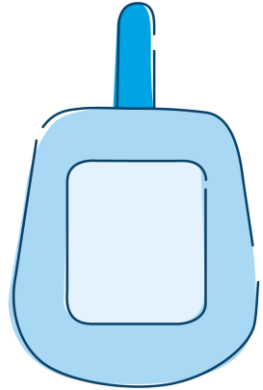
- **Dose amount:** How much to inject.
- **Dose timing:** Shelf-life, temperature, and storage conditions.
- **Insulin quality:** Shelf-life, temperature, and storage conditions.



Blood glucose meters

Two types:

- **Standard blood glucose meter** – Use a drop of blood to check your levels at that moment.
- **Continuous glucose monitor** – Checks blood glucose regularly day or night.



Blood glucose meters

Things to consider when choosing a blood glucose meter:

- Ease of use
- Cost and insurance coverage
- Getting your information
- Flexibility



Continuous glucose monitoring (CGM)



Benefits of continuous glucose monitoring (CGM):

- Reports blood glucose levels in real time.
- Alerts you when your glucose hits a high or low.
- Provides insights into glucose trends.



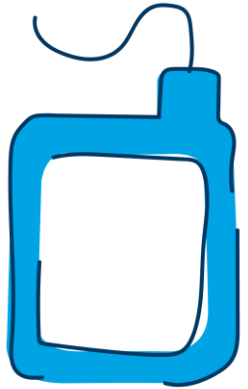
Is CGM right for you?

People who would benefit the most from CGMs:

-  Have trouble reaching and maintaining their target blood glucose (sugar).
-  Have lows and are unaware when they happen (hypoglycemia unawareness).

Other benefits:

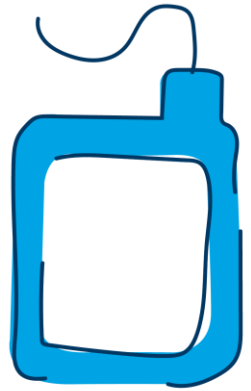
- Convenience
- Elimination of finger pricks



Insulin pump

An insulin pump is hardware attached to your body. It gives you options. It can:

- Deliver insulin continuously (basal) or as a surge (bolus) close to mealtime to manage the rise of blood glucose (sugar) after a meal.
- Imitate your body's release of insulin.



Is an insulin pump right for you?

Things to consider:



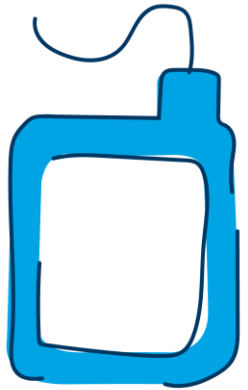
Covered by insurance
(certain brands are covered by your benefit)



Lifestyle



Commitment



Connected CGM-insulin pumps

How it works:

- Your insulin pump works with glucose data from CGM sensor.
- Suggests changes to insulin dosing.
- Adjusts appropriate amount of background insulin on its own.



Remember: You still need to administer insulin for meals.

Section 2

What does Highmark Health
Options cover?



What does Highmark Health Options cover?

Some diabetes supplies are covered as part of your **Highmark Health Options benefits**. They include:

- Alcohol wipes
- CGMs
- Insulin pumps
- Lancets
- Medications
- Replacement batteries
- Shoes/orthotics
- Syringes/needles

Watch
more episodes at
hho.fyi/has.

