Managing Diabetes: Medicare Coverage & Resources

Find a Medicare Provider

Visit **Medicare.gov** to find and compare providers in your area.

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.

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.

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/

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