TRICARE Coverage for Patients with Diabetes

- TRICARE covers a wide range of medical services, medication, supplies and equipment, and training for patients with diabetes
- The following diabetic supplies are covered by the TRICARE pharmacy benefit and may be obtained from a military treatment facility pharmacy, retail network pharmacy, or the home delivery (mail order) pharmacy:
  - Insulin products
  - Blood and urine glucose test strips
    - TRICARE formulary test strips include: Accu-Chek Aviva®, Ascensia Contour®, Embrace®, FreeStyle Lite®, Glucocard 01®, Glucocard Vital®, Precision Xtra®, and TRUEtest®
  - Blood and urine ketone/acetone test strips
  - Syringes, needles and lancets
- The following diabetic equipment is covered under the TRICARE medical program as durable medical equipment:
  - Home glucose monitors
  - Continuous glucose monitors (limited benefit)
  - Insulin infusion pumps for patients with:
    - Insulin-dependent type 1 diabetes mellitus when there is documentation by the physician of poor diabetic control
    - Cystic fibrosis-related diabetes
    - Type 2 diabetes when there is physician documentation of poor diabetic control and failure to achieve glycemic control after six months of multiple daily injection therapy
- TRICARE covers orthotics (therapeutic shoes), including extra-depth shoes with inserts and custom-molded shoes, for diabetics with:
  - Impaired peripheral sensation and/or altered peripheral circulation (e.g., diabetic neuropathy and peripheral vascular disease)
  - Foot deformity
  - Pre-ulcerative callus formation
- Diabetes outpatient self-management training is a limited benefit that educates patients on the self-management of diabetes
- Outpatient services include:
  - Education for self-monitoring blood glucose, diet and exercise
  - Insulin treatment plans for insulin-dependent patients
  - A plan to motivate patients to use the skills for self-management
  - The training must be ordered by a physician, and is available to patients with a medical condition where diabetes self-management training is medically necessary, such as:
    - New onset diabetes
    - Poor glycemic control or a change in the treatment regimen
    - High risk for complications based on poor glycemic control
- TRICARE covers eye exams for patients with diabetes; please see the back side of this flyer for a complete explanation of this benefit

Tidewater Enhanced Multi-Service Market

Naval Medical Center Portsmouth
Naval Support Activity
620 John Paul Jones Circle
Portsmouth, Virginia
(757) 953-5000
www.med.navy.mil/sites/NMCP

McDonald Army Health Center
Joint Base Langley-Eustis
576 Jefferson Avenue
Newport News, Virginia
(757) 878-7500
mcdonald.narmc.amedd.army.mil/default.aspx

633rd Medical Group
Joint Base Langley-Eustis
77 Nealy Avenue
Hampton, Virginia
(757) 225-7630
www.jble.af.mil/633dmedicalgrouphealthcare/
## Eye Exams for Patients with Diabetes

- **Diabetic “Screening” (Routine) Eye Exam**—TRICARE covers a diabetic “screening” (routine) eye exam once every 12 months for TRICARE-eligible patients with a systemic diagnosis of diabetes and who are enrolled in TRICARE Prime or TRICARE Prime Remote:
  - TRICARE Prime patients DO NOT NEED an authorization or referral when using a network optometrist or ophthalmologist for this exam every 12, or more, months.
  - TRICARE Prime Remote patients DO NOT NEED an authorization or referral when using a network or non-network optometrist or ophthalmologist for this exam every 12 months, or more.
  - The examination may include, but is not limited to: refractive services for glasses, comprehensive screening for determination of vision or visual acuity, ocular alignment and red reflux, pupil dilation for retinal examination and external examination for ocular abnormalities.
  - Insurance claims to TRICARE must include a Routine Eye Examination as the primary diagnosis, and a Diabetes diagnosis as the secondary or tertiary diagnosis.
  - Any insurance claims for an exam performed less than 12 months since the previous exam will require medical necessity documentation and another referral from your Primary Care Manager (PCM), and authorization from Health Net Federal Services (HNFS).

- **Diagnostic Eye Exam**—TRICARE covers diagnostic eye exams for all TRICARE-eligible patients with a systemic diagnosis of diabetes:
  - A diagnostic eye exam is a medical examination for the evaluation and treatment of a suspected or confirmed medical condition, including diabetes.
  - Insurance claims to TRICARE must include a Diabetes diagnosis as either the primary diagnosis or secondary diagnosis.
  - TRICARE Prime and TRICARE Prime Remote patients require a referral from their PCM, and authorization from HNFS for diagnostic eye exams by network or non-network optometrists or ophthalmologists.
  - TRICARE Standard, TRICARE Extra and TRICARE for Life DO NOT NEED a referral or authorization for diagnostic eye exams by network or non-network optometrists or ophthalmologists.

### Table: Diabetic Screening and Diagnostic Eye Exams

<table>
<thead>
<tr>
<th></th>
<th>TRICARE Prime</th>
<th>TRICARE Prime Remote</th>
<th>TRICARE Standard, TRICARE Extra or TRICARE for Life</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diabetic Screening Eye Exam</strong></td>
<td>One every 12-months for diabetic patients</td>
<td>One every 12 months for diabetic patients</td>
<td>Not covered</td>
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<tr>
<td></td>
<td>Referral/authorization not required for network provider</td>
<td>Referral/authorization not required for network or non-network provider</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Medical necessity required if more frequent than every 12 months</td>
<td>Medical necessity required if more frequent than every 12 months</td>
<td></td>
</tr>
<tr>
<td><strong>Diagnostic Eye Exam</strong></td>
<td>When medically necessary for all TRICARE-eligible patients enrolled</td>
<td>When medically necessary for all ADFM patients</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Referral/authorization required for network or non-network provider</td>
<td>Referral/authorization required for network or non-network provider</td>
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</tbody>
</table>

*For information about routine eye exam benefits for non-diabetic patients, please contact a Health Benefits Advisor.*