



QUARTZ DIABETES PROGRAM

The Quartz Diabetes Health Management Program helps eligible members self-manage their diabetes. The program offers support, learning opportunities, resources, and reminders that help you enjoy life by managing your diabetes symptoms.

As a member with diabetes you'll receive:

- ▶ **A Diabetes Health Management Welcome Packet** with information on Living with Diabetes, Managing Your Medicines, and a Diabetes Self-Management Booklet
- ▶ **A personalized call from a Quartz team member** who will assist you with transitioning your care, and ensure you have the tools and resources to manage your diabetes
- ▶ Referral to a registered nurse if more complex or clinically based needs are identified
- ▶ Access to digital tools to boost your overall health and well-being

Medical benefits available to you at low or no cost

- ▶ Hemoglobin A1c testing
- ▶ Retinal eye exam
- ▶ Routine foot care

Health and Wellness benefits

- ▶ Quartz Well points for completing the above lab tests each year
- ▶ Members can earn up to 1000 Quartz Well points redeemable for **Amazon gift cards**

Medications and Equipment benefits

- ▶ Many diabetes medications, test strips (up to 200 per month), supplies and meters are Tier 1 or Tier 2 on the Quartz formulary

Next Steps:

- ▶ If you are on an insulin or using a CGM (Continuous Glucose Monitor) check the Quartz formulary or call Quartz Customer Service for assistance.
- ▶ If your insulin or CGM require a Prior Authorization (PA), contact your doctor or nurse to request the PA.



Questions? We're here to help

At Quartz, we're here to support you. Call Quartz Customer Service at **(800) 362-3310** with questions related to your benefits.

Call **Heidi Wolf**, Quality Specialist at **(608) 471-4966** with questions about the diabetes program.