



May 9, 2025



## **Diabetes Warriors: Resources for You**

### **Self-Care Doesn't Mean You Have to Do It By Yourself!**

The State of Montana Benefit Plan (State Plan) has excellent [benefits to help members with chronic conditions](#), including diabetes. *Being diagnosed with diabetes does not have to stand in the way of you or your loved one from being able to live a full life. The State Plan offers personalized support for plan members.*

[Click here to check your risk for diabetes](#)

### My Health Navigator

My Health Navigator Diabetes Care Program provides one-on-one time with knowledgeable pharmacists who help State Plan members minimize medication and supply costs, simplify prescription regimens, control healthcare expenses, and improve overall health.



- This program is available to eligible State Plan members\* with no additional cost.
- My Health Navigator pharmacists do not dispense medications.
- State Plan members will keep their current pharmacy.

When you enroll in the My Health Navigator Diabetes Care Program, you'll receive:

- Savings on some Continuous Glucose Monitoring (CGM) sensors.
- 1 glucometer annually, or as needed
- Test strips and lancets
- Manufacturer Copay Assistance advice and enrollment (when appropriate)
- And much more!

### VSP

Diabetes can affect your eyes and vision. Take care of your eyes with an annual eye exam at an in-network provider for a \$10 copayment and a retinal screening for members with diabetes with no copayment. [Check out VSP's "Diabetes and your Eyes" resources as well!](#)

### Montana Health Centers

For eligible State Plan members\*, services at Montana Health Centers have no out-of-pocket cost for visits with providers, labs, and health coaching. The

Premise Health Wellness team includes healthcare professionals such as physicians, mental health care providers, physician assistants, nurse practitioners, nurses, dietitians, fitness experts and other wellness personnel to give you the best overall care.

#### **BlueCross & BlueShield of Montana (BCBSMT)**

Get connected with a care manager to help you navigate the world of diabetes health care. You can also use the BCBSMT Well on Target resources, which offer personalized digital self-management courses.

#### **Navitus**

Compare costs of medications at different pharmacies, work with a case manager to find discounts and scholarships to help pay for medications.

*\* Programs are not available if you have Medicare as your primary health insurance.*

### **LIVE LIFE WELL WELLNESS PROGRAM**

#### **HEALTH CARE & BENEFITS DIVISION**

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