

**Wednesday, October 20, 2021**

**9:15 a.m. to 10:00 a.m.**

Tennessee Academy of Family Physicians  
72<sup>nd</sup> Annual Scientific Assembly  
The Park Vista Doubletree Hotel, Gatlinburg, Tennessee  
October 19-22, 2021

**“Diabetes on a Dime”**

**EMILY FLORES, PHARM.D, BCPS**

**Presentation Objectives:**

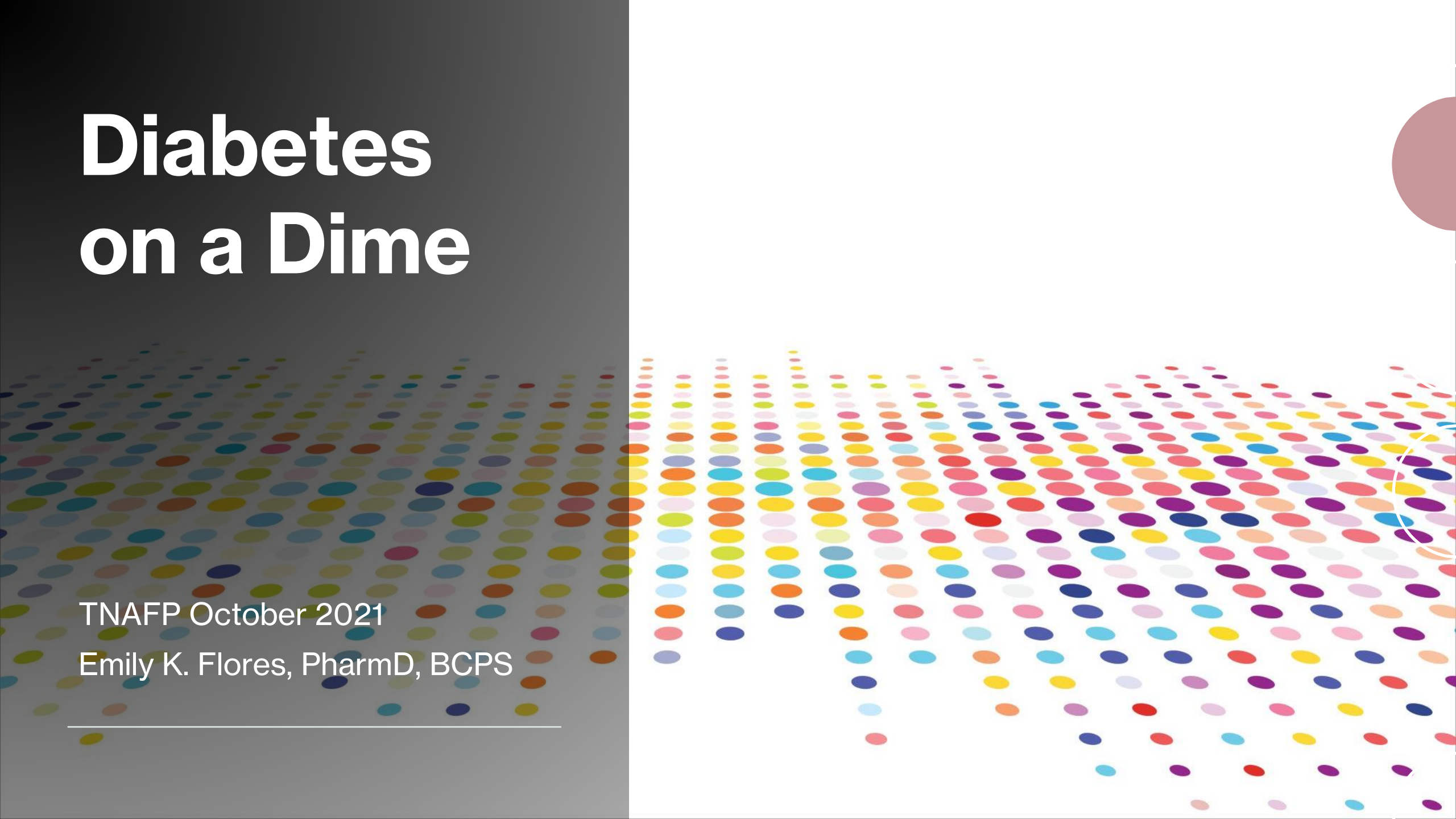
- 1) Delineate the daily costs of living with diabetes.
  - 2) Estimate medication relative cost/benefit by therapeutic class.
  - 3) Assist patients to utilize affordable insulin regimens.
  - 4) Provide holistic, cost-effective, evidence-based care for patients living with diabetes.
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# Diabetes on a Dime

TNAFP October 2021

Emily K. Flores, PharmD, BCPS

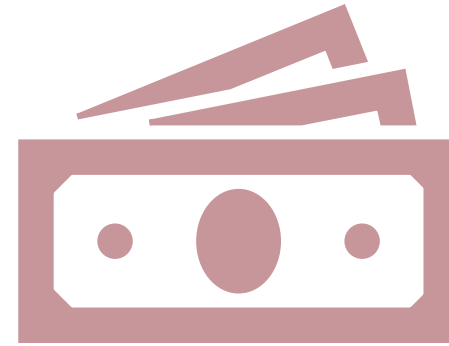
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# Objectives

- Delineate the daily costs of living with diabetes
  - Estimate medication relative cost/benefit by therapeutic class
  - Assist patients to utilize affordable insulin regimens
  - Provide holistic, cost-effective, evidence-based care for patients living with diabetes
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# Costs



... All of these are opportunities to reduce cost!

- Lifestyle

- Diet
- Exercise

- Monitoring

- Blood glucose
- Continuous
- Labwork

- Medications

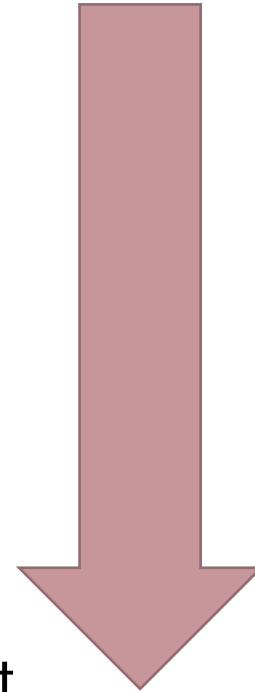
- Orals
- Injectables
- Immunizations

- Medical care

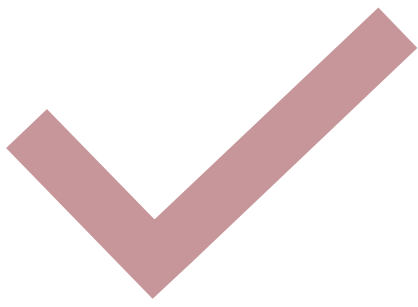
- Inpatient
- Office visits
- Transportation

# Affordable orals

- Metformin
  - AWP \$0.03-\$1.61 per tablet
  - Immediate release is cheaper
- Sulfonylureas
  - Glimepiride AWP \$0.40-3.30 per tablet
  - Glipizide AWP \$0.35-3.84 per tablet
- Thiazolidinediones
  - Pioglitazone AWP \$0.07-11.63 per tablet



Generic  
Broad insurance coverage  
Low price negotiation



# Combination products

- Metformin/glipizide
  - AWP \$0.83-0.99 per tablet
- Metformin/glyburide
  - AWP \$0.86-1.06 per tablet
- Metformin/pioglitazone
  - AWP \$5.33 per tablet
- Glimepiride/pioglitazone
  - AWP \$15.62-\$16.29 per tablet



# Newer agents

- SGLT-2 inhibitors
  - Jardiance® AWP \$21.94 per tablet
- GLP-1 agonists
  - Victoza® AWP \$135.50 per mL + pen needles
  - Trulicity® AWP \$253.31 per 0.5mL
- DPP-4 inhibitors
  - Januvia® AWP \$19.87 per tablet

Brand  
Moderate insurance coverage  
Manufacturer coupons  
Patient Assistance Programs



# Combination products

- Metformin/SGLT-2i
  - Canagliflozin: Invokamet<sup>®</sup>, Invokamet XR<sup>®</sup>
  - Dapagliflozin: Xigduo XR<sup>®</sup>
  - Empagliflozin: Synjardy<sup>®</sup>, Synjardy XR<sup>®</sup>
  - Ertugliflozin: Segluromet
- Metformin/DPP-4i
  - Alogliptin: Kazano<sup>®</sup>
  - Linagliptin: Jentadueto<sup>®</sup>, Jentadueto XR<sup>®</sup>
  - Saxagliptin: Kombiglyze XR<sup>®</sup>
  - Sitagliptin: Janumet<sup>®</sup>, Janumet XR<sup>®</sup>
- Trio
  - Metformin/Empagliflozin/Linagliptin: Trijardy XR<sup>®</sup>



# Medication formularies

- 90-day supplies
- Mail order
- Formulary preferred
  - TennCare preferred drug list
  - Prior authorization if needed
- CoverRx



[https://www.optumrx.com/content/dam/openenrollment/pdfs/TennCare/home-page/preferred-drug-list/Preferred%20Drug%20List%20\(PDL\).pdf](https://www.optumrx.com/content/dam/openenrollment/pdfs/TennCare/home-page/preferred-drug-list/Preferred%20Drug%20List%20(PDL).pdf)

[https://www.tn.gov/content/dam/tn/tenncare/documents/coverrx\\_druglist.pdf](https://www.tn.gov/content/dam/tn/tenncare/documents/coverrx_druglist.pdf)

# Medication access



\$4/\$10 Lists

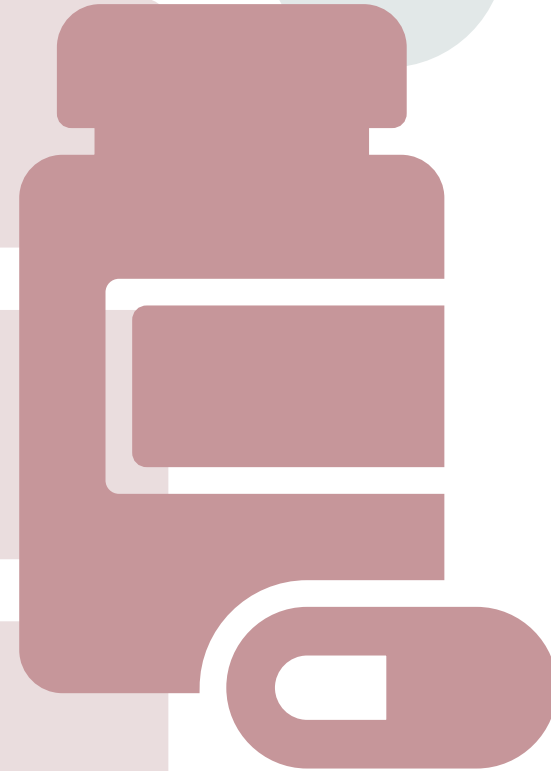


Needy Meds  
([www.needymeds.org](http://www.needymeds.org))

Coupons  
Patient Assistance  
Programs



NovoCare®



**What about GoodRx?**

# Analog insulins



- Basal
  - Lantus<sup>®</sup>, Levemir<sup>®</sup>, Tresiba<sup>®</sup>, Toujeo<sup>®</sup>, etc.
  - Concentrated forms
  - Biosimilars
- Bolus
  - Humalog<sup>®</sup>, Novolog<sup>®</sup>, Apidra<sup>®</sup>, etc.
  - Concentrated forms
  - Biosimilars
- Combinations

**+ Syringes or pen needles**  
**+ Monitoring supplies**

# Synthetic human insulins

- Available over-the-counter
- Regular
- NPH
- 70/30

+ Syringes or pen needles  
+ Monitoring supplies



# Reli-On insulins



\$25/vial

- ReliOn™ Novolin Regular
- ReliOn™ Novolin NPH
- ReliOn™ Novolin 70/30

\$42.88/box

- ReliOn™ Novolin 70/30 pens

- ReliOn™ Novolog®
  - Vial \$72.88
  - FlexPen® \$85.88

**+ Syringes or pen needles**  
**+ Monitoring supplies**

# Blood glucose monitoring

- Insurance plan coverage?
- Contour®Next Contour® Choice Card
- OneTouch® Automatic Savings Program
- Accu-Check® Simply Save
- FreeStyle Precision Neo
- ReliOn

<https://www.ascensiadiabetes.com/meters-and-strips-savings/save-on-test-strips-contour-choice-card/>

<https://www.onetouch.com/rxfinder>

<https://shop.accu-chek.com/eShop/subscriptions-2#sectionSub3>

[https://www.myfreestyle.com/offers#i\\_dont\\_have\\_insurance](https://www.myfreestyle.com/offers#i_dont_have_insurance)

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# Technology



- FreeStyle Libre
  - Cheapest option
  - Broad coverage
  - Free trial
- DexCom g6
  - Broad coverage
  - COVID-19 Patient Assistance Program
- Medtronic Assurance Program
  - <https://www.medtronicdiabetes.com/assurance>
- OmniPod Financial Assistance
  - <https://www.omnipod.com/is-omnipod-right-for-me/coverage/financial-assistance>
- Tandem

**American Diabetes Association  
Standards of Care App**

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# Case 1

- Lucy is a 67-year-old female with T2DM and HF
- Medicare coverage
- Now in donut hole
- A1c on current regimen is 6.8%
- Metformin XR 1000mg po BID
- Trulicity 1.5mg SQ once weekly
- Lantus® 20 units SQ QAM
- SMBG TID

**How can you reduce cost for her diabetes regimen?**

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# Case 2

- Robert is a 55-year-old male with T2DM
- Had a stroke last month
- New to your clinic
- On sliding scale
- No insurance coverage
- Current A1c is 8.4%

**How can you make his diabetes regimen be both evidence-based and affordable?**

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# Case 3

How can you help Lisa achieve better control in an affordable manner?

- Lisa is 13 years old with T1DM
  - Current A1c is 7.6%
  - On once daily basal and 3-4 times daily rapid acting insulin
  - Checks BG 3-4 times daily
  - BGs range 152-257mg/dL over past week
  - Forgets some insulin doses
  - Counts carbohydrates
  - TennCare coverage
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# Case 4

- Monty is 56 years old, homeless
- He does not want to talk about his past but you know that he has had T2DM for some time
- You meet him in the ER today, hyperglycemic crisis
- Admission A1c 9.6%

**How can you get him started on a path for improved and cost-effective care?**

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# Questions?

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