

The Benefits of Newer Diabetes Medications

Glucagon-Like Peptide-1 Receptor Agonists (GLP-1 RA)



Have you been prescribed one of these medications?

- Dulaglutide (Trulicity)
- Liraglutide (Victoza)
- Semaglutide (Ozempic)
- Semaglutide (Rybelsus)
- Exenatide (Byetta)
- Exenatide XR (Bydureon BCise)

GLP-1 RAs help the hormones in your body lower blood sugar and signal to your body that you are full.



Did you know that these medications can do more that help lower your blood sugar? Other benefits include:

- All GLP-1 RA's can help reduce your weight.
- Many GLP-1 RA's lower risk of heart attack and stroke.

Rybelsus does not reduce these risks



How is the medication taken?

Most are injected (weekly or daily) under the skin on your stomach – for some you do NOT even see the needle!

See our How-To Video Series to learn GLP-1 RA injection:
michmed.org/JQzJw



Rybelsus is an oral tablet that must be taken with only 4 ounces of water exactly **30 minutes prior to eating any food or beverage, or taking other oral medications (including thyroid medication)**. If taken more or less than 30 minutes in relation to items listed above, the effects of Rybelsus are altered.

For more diabetes resources for patients:
mct2d.org/patients



What side effects might you experience?

Mild stomach or intestinal side effects* are the most common and improve or go away in about 3-8 weeks.

- Nausea or vomiting
- Worsening acid reflux
- Diarrhea or constipation
- Stomach discomfort/cramping
- Skin reaction at site of injection



How can I lessen or avoid side effects?

- Listen to your body for signs of being full (this might surprise you!)
- Eat smaller meals
- Avoid eating within 1-2 hours of going to bed
- Avoid fatty, greasy, or spicy foods
- Drink plenty of water daily
- Monitor your blood sugar if on insulin or glipizide, glyburide, or glimepiride
- Your health care team may adjust these medications if your blood sugar is too low



When should I call my health care team?

If you experience:

- Blurred vision
- Severe stomach pain
- Upper stomach pain, that moves to your back, with or without fever
- Unexplained, frequent low blood sugars (less than 70mg/dL)

*NOTE: These are the most common side effects. This list does not include all possible side effects. **You may not experience any of these side effects.** Please talk to your health care team if you have other concerns about side effects.

This handout should not be used as a substitute for medical advice from your health care team. It is your responsibility to review information provided by your pharmacy and consult with your doctor or health care team member prescribing these medications with any questions about your medication.

Affording these medications

For patients with:

Commercial Insurance

GLP-1 RAs are generally covered, but insurance may not cover all medications. Check with your insurance to see which are covered and tell your health care team. **MCT2D Coverage Guide:** michmed.org/jmKmn
You may have a copay. Use the link below to find a copay savings card that may lower your out-of-pocket cost.

If you have a high deductible plan, you will have to pay the full cost of the medication until your deductible is met.

Medicare Part D

You may have a copay. Copay savings cards cannot be used with Medicare insurance. Talk to your doctor about Patient Assistance Programs. Patients with an annual income of less than \$50,000 may be able to get the medication for free.

Michigan Medicaid

A least one of these medications will be covered by your insurance. These medications do not have a generic version. Check with your insurance to see which medication is preferred. This will have the lowest out-of-pocket cost to you.

How much does the medication cost?

If you are not sure what the medication will cost, contact your health insurance company. Ask them the following questions:

What is/are my plans preferred GLP-1 RAs?

How much is my copay for this medication?

What is my deductible for medications, and have I met it?

Deductible: \$ _____ Currently met: \$ _____

Is a 90-day supply available? ☐ Yes ☐ No

What is my preferred local pharmacy? _____

What is my preferred mail order pharmacy? _____

Are the medications I am on currently preferred? ☐ Yes ☐ No

Find your insurance company contact information on the back of your insurance card.

If you cannot locate your card, you can search the web for your insurance company's phone number.

EXAMPLE CARD BACK

	BlueCross BlueShield	Customer Service: TTY/TDD: Print Mail: Mental Health: Locate Non-NC Provider: Provider Service: Prior Review/Certification: Pharmacist Help Desk: TeleDoc:	1-888-308-4897 1-800-442-7028 1-888-274-5100 1-800-559-2422 1-800-810-2852 1-800-114-4844 1-800-672-7897 1-888-774-5100 1-800-835-2362
Providers should send claims to their local BlueCross BlueShield Plan.			CONTACT INFO

Medication Copay Savings Card
Programs Reference Guide
michmed.org/dJJk5



Patient Assistance Program
(PAP) Guide
michmed.org/kQQRy

