

# SERVICE LISTING TAKECARE WELLNESS CENTER

## FREE MONITORING DEVICES/INCENTIVES - No Prior Authorization/No Referral

FREE Devices/Incentives	Criteria
<b>Blood pressure (BP) monitor</b>	<p><i>Through TakeCare Wellness Center:</i></p> <ol style="list-style-type: none"> <li>1. Be an active member during the enrollment period AND;</li> <li>2. Be diagnosed with hypertension,</li> <li>3. Be enrolled in TakeCare Disease Management Program and/or Case Management Group</li> </ol> <p><i>Through enhanced preventive therapy benefit:</i></p> <ol style="list-style-type: none"> <li>1. Be an active TakeCare member through the Federal and GovGuam plan AND;</li> <li>2. Have a valid prescription</li> <li>3. To be distributed by network pharmacy</li> </ol>
<b>Glucometer</b>	<p><i>Through TakeCare Wellness Center:</i></p> <ol style="list-style-type: none"> <li>1. Member must submit a valid prescription upon pick-up.</li> <li><b>2. Supplies to be issued by network pharmacy, subject to co-pay</b></li> </ol>
<b>Continuous glucose monitor (CGM)</b>	<p>To be distributed by network pharmacy</p> <p><i>For initial coverage, member must:</i></p> <ol style="list-style-type: none"> <li>1. Be an active member during the enrollment period; coverage will cease if the member is terminated AND,</li> <li>2. Be diagnosed with DM (T1 or T2) AND,</li> <li>3. Be enrolled in TakeCare Disease Management Program and/or Case Management Group AND</li> </ol> <p><i>Meet one (1) of the following criteria:</i></p> <ol style="list-style-type: none"> <li>1. Have uncontrolled HbA1C level of 9% or above OR,</li> <li>2. Administer at least two (2) doses of insulin per day OR,</li> <li>3. Monitoring glucose levels at least four (4) times per day OR,</li> <li>4. Provided documentation of frequent fluctuation of blood glucose levels OR,</li> <li>5. Other indications as recommended by TakeCare contracted endocrinologist.</li> </ol> <p><i>For continued coverage, member must:</i></p> <ol style="list-style-type: none"> <li>1. Report glucose results on a monthly basis to TakeCare's Case Manager</li> <li>2. Be monitored with repeated testing for HbA1c at least 3 months apart from the initial testing</li> </ol>
<b>Nicotine Replacement Therapy (NRT)/Quit Aids</b>	<ol style="list-style-type: none"> <li>1. Member referred to the National Quitline Cessation Program (referral must come from the TC Wellness Center)</li> <li>2. Member enrolls in National Quitline Cessation Program (notice of enrollment sent to TC Wellness Center)</li> <li>3. Must have a valid prescription for either             <ol style="list-style-type: none"> <li>a. Chantix (varenicline tartrate)</li> <li>b. Zyban (bupropion hydrochloride)</li> <li>c. Nicotine Patch</li> </ol> </li> <li>4. To be distributed by network pharmacy</li> </ol>

## MEMBER SELF-REFERRAL TO PROGRAMS, CONSULTATIONS, & CLASSES - No Prior Authorization/No Referral

Service/Program	Criteria	Restrictions
<b>Disease Management Consultation</b>	Members will work with certified educators to develop individualized actions plans to improve their diabetes, hypertension, and/or cholesterol.	Exclusive to TakeCare Members No Co-pay
<b>Nutrition Consultation</b>	Members will work with an RDN or Nutritionist to develop an individualized plan to increase knowledge and help maintain health long-term dietary practices	Exclusive to TakeCare Members No Co-pay
<b>Eat Right. Eat Smart.</b>	Participants will learn about the ADCES7 to improve outcomes related to diabetes, hypertension and high cholesterol	TakeCare Members: Free Non-members: \$15.00
<b>Prevent T2 – Diabetes Prevention Program</b>	Focused on increasing physical activities, improving nutritional habits, and developing health habits. This is a 26-session program	TakeCare Members: Free Non-members: Free (through UOG Partnership)
<b>DEEP – Diabetes Education Empowerment Program</b>	A diabetes self-management program that helps participants improve their diabetes and reduce the risk of complications. This is a 4-session program	TakeCare Members: Free Non-members: \$30.00
<b>Evolt 360 Body Composition Analyzer</b>	Provides a complete body composition analysis that includes, body weight, lean and fat mass, water weight, segmental analysis, nutritional profile, and more.	TakeCare Members: Free Non-members: Initial: \$50 Registered: 1 scan: \$30 2 scans: \$50

**NO REFERRAL-NO PRIOR AUTHORIZATION**- required to attend, participate or avail of classes, programs and/consultations. \*Information subjected to change.

Patients can self-schedule at <https://takecarewellnesscenter.simplybook.me/>

For more information: (671) 646-6956 ext. 7260 or WhatsApp text message or call (671) 727-5713