

Low cost options for treating Type 2 Diabetes Mellitus



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Pharmaceutical innovation has given us great new medications and drug delivery systems to treat diabetes mellitus. The reality is that the cost of these medications for our patients is often prohibitive. Branded medication for diabetic treatment can range from \$200 to over \$600/month per medication for patients with limited pharmacy coverage/high deductible plans. Let's revisit the world of generic medication, diabetic supplies, NPH, and insulin vials.

Oral Agents: Generic options

Metformin. **Metformin** can be found in multiple 500mg, 850mg, 1000mg, 500mg XR, & 750mg XR at Walmart and Walgreens for as low as \$10 for a 90 day supply. Patients can use the Good Rx App to find similar prices at local pharmacies such as Safeway/Giant.

Sulfonylureas. **Glipizide**, **Glimepiride** and **Glyburide** are available for as low as \$10 per 3 months. Some ER formulations are available for under \$30 for 90 days. **Repaglinide (Prandin)** can also be found for under \$30 for a 1 month supply.

Insulin Sensitizers. For patients who cannot tolerate the above oral agents or need better diabetic control and cannot afford insulin **pioglitazone (Actos)** may be an option. Walmart has this available for \$9 and Good Rx can find options under \$15 for 30 days. Current literature review suggest you should only consider pioglitazone as a last option. Be sure to do informed decision making with patients and include the **benefits** (0.5-1.4% reduction in A1C, improved lipid profile, and potential decrease in MI) and **risks** (fluid retention, heart failure, weight gain, bone fractures & bladder cancer) associated with pioglitazone.

 **Long Acting insulin** The time has come to consider **NPH** ,vials, and syringes for some of our patients!

NPH. (Onset 2 hours/ peak 4-12 hours/duration 8-18hours) **Novolin N** can be found in a 1000 unit vial for Under \$30; Walmart/Sams Club has **ReliOn Novolin N** for \$25/vial. Patients do not need a prescription or a club membership to get **ReliOn** Products. Compare this to Basaglar (cheapest long acting basal insulin pen) 1500 units available on Good RX for \$235 or Lantus 1000 unit vial at \$190. **ReliOn** syringes are available for 100 for \$12 at Walmart. **ReliOn Novolin N** can be initiated at 10 units or 0.2 units/kg at Bedtime.

Converting Basal Pens to NPH: If dosing long acting insulin once nightly, start by giving 80% of current dose as NPH. If hyperglycemia occurs in the afternoon. Resume 100% of previous long acting dose, but split it into 2 injections 50% in AM with breakfast and 50% in PM with dinner.

Example: Pt is on 50 units of Basaglar every night. Convert to 40 of NPH at night. Have patients check blood sugar 3x a day- if elevation occurs in PM change to 25 units of NPH with breakfast and 25 units with dinner.

 **Regular Insulin** The easy to use Pen rapid acting insulins are great but very costly.

Insulin R (Onset 30 minutes/peak 2-4 hours/duration 5-8 hours). **ReliOn Insulin R** is available at Walmart for \$25 for 1000 units. **Novolin R** can also be found for \$30 at other pharmacies. Compare this to rapid acting Humalog Vial at \$178 for 1000 units or Humalog kwickpen 1500 units for \$338.

Converting rapid insulin pens to Insulin R. This is a unit to unit conversion. Remember the only difference is that that insulin R has a slower onset (30-40minutes) compared to Novolog or Humalog (15 minutes). Safest Recommendation is to have patients continue taking meal time insulin with meals.

Diabetic Supplies

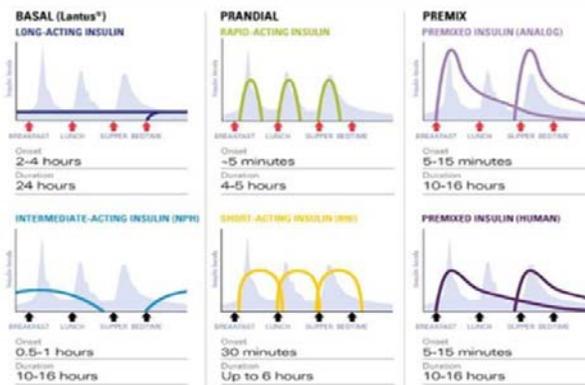
Walmart and Sam's Club have **ReliOn** products

ReliOn Syringes is \$12.88 per 100 for one box
 ReliOn Prime meter is \$9.00
 ReliOn Strips for 50 = \$9.00 or 100 = \$17.88
 ReliOn Lancets for 200 = \$2.52
 ReliOn Lancing device = \$5.84
 ReliOn Premier Compact Meter kit = \$19.47 (50)

All of **ReliOn** diabetic supplies can be ordered online for patients who have travel limitations.

True Metrics also makes inexpensive glucometers (including Bluetooth version) for under \$20. It can be ordered on line/available at Patient Care Pharmacy in Annapolis. **True Metrics** Test strips average around \$7.49 for 50 strips.

Provider Resources



Current Pharmacy Formularies

30-day-supply drugs cost \$5 (tier 1), \$10 (tier 2) or \$15 (tier 3)
 90-day-supply drugs cost \$10 (tier 1), \$20 (tier 2) or \$30 (tier 3)

Prices Effective as of 6/2018

| Diabetes | | Walmart Rx Program | |
|--|------------|--------------------|--|
| | \$4 | \$10 | |
| | 30 Day Qty | 90 Day Qty | |
| GLIMEPIRIDE 1MG, 2MG, 4MG | 30 | 90 | |
| GLIPIZIDE 5MG, 10MG | 60 | 180 | |
| METFORMIN 500MG, 850MG, 1000MG | 60 | 180 | |
| METFORMIN ER 500MG TAB | 120 | 360 | |
| METFORMIN ER 750MG TAB | 60 | 180 | |
| | \$9 | \$24 | |
| | 30 Day Qty | 90 Day Qty | |
| GLIPIZIDE ER 2.5MG, 5MG, 10MG | 30 | 90 | |
| GLYBURIDE/METFORMIN 2.5/500MG, 5/500MG | 60 | 180 | |
| PIOGLITAZONE 15MG, 30MG, 45MG | 30 | 90 | |

Prices Effective as of 11/2018

| Diabetes | Drug Name | Tier | Quantity | |
|----------|------------------------------------|------|----------|-----|
| | | | 30 | 90 |
| | GLIMEPIRIDE 1MG TAB | 1 | 30 | 90 |
| | GLIMEPIRIDE 2MG TAB | 1 | 30 | 90 |
| | GLIMEPIRIDE 4MG TAB | 2 | 30 | 90 |
| | GLIPIZIDE 5MG TAB | 1 | 30 | 90 |
| | GLIPIZIDE 10MG TAB | 2 | 60 | 180 |
| | GLIPIZIDE ER 10MG TAB | 3 | 30 | 90 |
| | GLIPIZIDE XL 2.5MG TAB | 3 | 60 | 180 |
| | GLIPIZIDE XL 5MG TAB | 3 | 30 | 90 |
| | GLYBURIDE 1.25MG TAB | 1 | 30 | 90 |
| | GLYBURIDE 2.5MG TAB | 2 | 30 | 90 |
| | GLYBURIDE 5MG TAB | 2 | 30 | 90 |
| | GLYBURIDE MICRO 1.5MG TAB | 1 | 30 | 90 |
| | GLYBURIDE MICRO 3MG TAB | 1 | 30 | 90 |
| | GLYBURIDE MICRO 6MG TAB | 2 | 30 | 90 |
| | GLYBURIDE/METFORMIN 1.25/250MG TAB | 2 | 60 | 180 |
| | GLYBURIDE/METFORMIN 2.5/500MG TAB | 2 | 60 | 180 |
| | METFORMIN 500MG TAB | 1 | 90 | 270 |
| | METFORMIN 850MG TAB | 1 | 90 | 270 |
| | METFORMIN 1000MG TAB | 1 | 60 | 180 |
| | METFORMIN ER 500MG 24HR TAB | 1 | 60 | 180 |

| Insulins | | |
|---------------------------------|----------|----------|
| | Quantity | |
| LEVEMIR FLEXTOUCH PEN | 1 BOX | \$367.19 |
| LEVEMIR 100 UNITS/ML VIAL | 1 VIAL | \$244.79 |
| NOVOLIN N 100 UNITS/ML VIAL | 1 VIAL | \$104.68 |
| NOVOLIN R 100 UNITS/ML VIAL | 1 VIAL | \$104.68 |
| NOVOLIN 70/30 100 UNITS/ML VIAL | 1 VIAL | \$104.68 |
| NOVOLOG MIX 70/30 VIAL | 1 VIAL | \$240.26 |
| NOVOLOG MIX 70/30 FLEXPEN | 1 BOX | \$426.00 |
| NOVOLOG FLEXPEN | 1 BOX | \$426.00 |
| NOVOLOG PENFILL 3 ML | 1 BOX | \$418.83 |
| NOVOLOG 100 UNITS/ML VIAL | 1 VIAL | \$241.68 |

| Diabetic Supplies | | |
|------------------------------------|----------|---------|
| | Quantity | |
| WALGREENS TRUE METRIX METER | 1 METER | FREE |
| WALGREENS TRUE METRIX STRIPS 25'S | 1 BOX | \$19.99 |
| WALGREENS TRUE METRIX STRIPS 50'S | 1 BOX | \$29.99 |
| WALGREENS TRUE METRIX STRIPS 100'S | 1 BOX | \$52.99 |
| CONTOUR NEXT METER | 1 METER | FREE |
| CONTOUR NEXT EZ METER | 1 METER | FREE |
| CONTOUR NEXT ONE | 1 METER | FREE |
| CONTOUR NEXT STRIPS 25'S | 1 BOX | \$23.99 |
| CONTOUR NEXT STRIPS 50'S | 1 BOX | \$39.99 |
| CONTOUR NEXT STRIPS 100'S | 1 BOX | \$78.99 |
| CONTOUR TEST STRIPS 50'S | 1 BOX | \$47.99 |
| CONTOUR TEST STRIPS 100'S | 1 BOX | \$93.99 |
| BREEZE 2 TEST DISCS 100'S | 1 BOX | \$93.99 |

Additional Patients Resources

Good Rx. This free App allows patients to search local pharmacies to find the cheapest prices.
Sam's Club. You do not have to be a Member to buy prescription medications from Sam's Club. For pharmaceuticals with a script, there is no fee for non-members.

Walmart. No membership fee. No insurance exclusions. Free interpreter services.

Walgreens Prescription Savings Program. Membership fee required (\$20 individual or \$35 family per year). Persons receiving benefits from a Medicare, Medicaid or Tricare program are ineligible.



There are hundreds of "how to" videos regarding insulin/syringe use. See example below.

How to give insulin with a vial and syringe <https://www.youtube.com/watch?v=104MCG1LksM>

Call 443-481-6619 or email AAMCCollaborativeCareNetwork@aahs.org.

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One Call Care Management: 443-481-5652