Continuous Glucose Monitors (CGM)

**Description**

Dexcom G5 CGM System, Dexcom G6 CGM System, Freestyle Libre 10 day CGM System, Freestyle Libre 14 day CGM System

All other CGM monitors and supplies are covered under the medical durable medical equipment (DME) benefit.

**Background**

Continuous glucose monitors (CGMs) are devices that measure glucose levels in interstitial fluid at programmable intervals. CGMs use sensors that are inserted under the skin and work by extracting glucose from the interstitial fluid, measuring and recording the glucose level and converting these measurements into equivalent blood glucose readings. The sensor can determine if glucose levels are too high (hyperglycemia) or too low (hypoglycemia), and how glucose levels are changing. This can assist in calculating the insulin dosage needed to manage glycemic control. These monitors reduce the need for fingerstick testing in diabetic patients and should be used as an adjunct to standard care. Sensors can be used for a various number of days, depending on the product and manufacturer.

**Regulatory Status**

Continuous glucose monitors are approved by the FDA for the regular quantitative measurement of glucose levels.

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**Related policies**

Continuous Glucose Monitor Supplies, Diabetic Test Strips
Section: Prescription Drugs  Effective Date: April 1, 2019
Subsection: Miscellaneous Products  Original Policy Date: August 24, 2018
Subject: Continuous Glucose Monitors  Page: 2 of 4

Policy

This policy statement applies to clinical review performed for pre-service (Prior Approval, Precertification, Advanced Benefit Determination, etc.) and/or post-service claims.

Continuous glucose monitors may be considered medically necessary for monitoring blood glucose levels in patients with Type 1 or type 2 Diabetes Mellitus and if the conditions indicated below are met.

Prior-Approval Requirements

Patients who have filled at least one ≥90 day supply of insulin in the past 180 days are exempt from these PA requirements.

Diagnosis

Patient must have the following:

Type 1 or type 2 Diabetes Mellitus

AND ALL of the following:
1. Insulin dependent with > 3 insulin injections per day OR insulin pump therapy with frequent dosage adjustments for > 6 months
2. Diabetes is uncontrolled with documented average frequency of glucose self-testing > 4 times per day during the previous two months
3. A1c > 7.0% OR frequent hypoglycemic episodes
4. Patient has completed a comprehensive diabetes education program
5. Patient will share device readings with physician or healthcare professional as part of overall diabetes management
6. NO dual therapy with Diabetic Test Strips at Prior Authorization quantities

Prior – Approval Renewal Requirements

Diagnosis

Patient must have the following:

Type 1 or type 2 Diabetes Mellitus

AND ALL of the following:
1. Current monitor is not functionally operating
2. Current monitor is out of warranty
3. NO dual therapy with Diabetic Test Strips at Prior Authorization quantities

Policy Guidelines

Pre - PA Allowance
None

Prior - Approval Limits
Quantity 1 monitor
Duration 12 months

Prior – Approval Renewal Limits
Quantity 1 monitor
Duration 12 months – One renewal ONLY

Rationale

Summary
Continuous glucose monitors (CGMs) are devices that measure glucose levels in interstitial fluid at programmable intervals. CGMs use sensors that are inserted under the skin and work by extracting glucose from the interstitial fluid, measuring and recording the glucose level and converting these measurements into equivalent blood glucose readings. The sensor can determine if glucose levels are too high (hyperglycemia) or too low (hypoglycemia), and how glucose levels are changing. This can assist in calculating the insulin dosage needed to manage glycemic control. These monitors reduce the need for fingerstick testing in diabetic patients and should be used as an adjunct to standard care. Sensors can be used for a various number of days, depending on the product and manufacturer.

Prior authorization is required to ensure the safe, clinically appropriate and cost effective use of continuous glucose monitors while maintaining optimal therapeutic outcomes.

Policy History
Section: Prescription Drugs  Effective Date: April 1, 2019
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This policy was approved by the FEP® Pharmacy and Medical Policy Committee on March 15, 2019 and is effective on April 1, 2019.