

## **Clinical Policy: Continuous Glucose Monitors**

Reference Number: CP.CPA.355

Effective Date: 03.01.21

Last Review Date: 11.23

Line of Business: Commercial

[Revision Log](#)

See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

### **Description**

Continuous glucose monitors (CGMs)\* measure interstitial glucose, which correlates well with plasma glucose.

*\* If request is for a CGM that is also an insulin delivery system, additional approval criteria apply. Refer to CP.PHAR.534 Insulin Delivery Systems (V-Go, Omnipod, InPen).*

### **FDA Approved Indication(s)**

CGMs are indicated for use in patients with diabetes mellitus to monitor blood glucose levels.

### **Policy/Criteria**

*Provider must submit documentation (such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.*

It is the policy of health plans affiliated with Centene Corporation<sup>®</sup> that CGMs are **medically necessary** when the following criteria are met:

#### **I. Initial Approval Criteria**

##### **A. Diabetes Mellitus (must meet all):**

*\*\*Replacement of functional features of an existing monitor for an upgrade is not considered medically necessary\*\**

1. Diagnosis of diabetes mellitus;
2. Frequent adjustments to the member's treatment regimen are necessary based on glucose testing results;
3. Member meets one of the following (a or b):
  - a. Member requires intensive insulin therapy as evidenced by one of the following (i or ii):
    - i. Requires insulin injections  $\geq 3$  times per day;
    - ii. Uses a continuous insulin infusion pump;
  - b. Member is  $\geq 18$  years of age and has a diagnosis of type 2 diabetes that is currently managed with basal injections and/or oral agents;
4. Member has completed or is actively participating in a comprehensive diabetes management program (*see Appendix E*);
5. Member must use the health-plan preferred product, if available, unless member is younger than the FDA-approved age for the product;
6. Request does not exceed health-plan quantity limit.

**Approval duration: 12 months (1 receiver per 12 months only; other components [such as transmitters and sensors] may be replaced as needed – see Appendix D for examples)**

**B. Other diagnoses/indications: Not applicable**

**II. Continued Therapy**

**A. Diabetes Mellitus (must meet all):**

*\*\*Replacement of functional features of an existing monitor for an upgrade is not considered medically necessary. If the replacement request is due to change in clinical status and features of a different device type are medically necessary, the request should be reviewed using the initial approval criteria\*\**

1. Previously received the requested product via Centene benefit;
2. Documentation supports all of the following (a, b, and c):
  - a. If the request is for a new receiver: A replacement device is necessary due to one of the following (i, ii, or iii):
    - i. Loss, theft, or damage that is not covered by manufacturer warranty;
    - ii. Age of device makes it incompatible with available medically necessary software, components, or accessories required for function or integration and is not covered by manufacturer warranty;
    - iii. The reasonable and useful lifetime of  $\geq 5$  years has passed;
  - b. Member is using the product properly and continues to benefit from it;
  - c. Ongoing physician or clinical specialist monitoring;
3. Member must use the health-plan preferred product, if available, unless member is younger than the FDA-approved age for the product;
4. Request does not exceed health-plan quantity limit.

**Approval duration: 12 months (1 replacement receiver per 12 months only; other components [such as transmitters and sensors] may be replaced as needed – see Appendix D for examples)**

**B. Other diagnoses/indications: Not applicable**

**III. Diagnoses/Indications for which coverage is NOT authorized:**

- A. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off label use policies – CP.CPA.09 for commercial.

**IV. Appendices/General Information**

*Appendix A: Abbreviation/Acronym Key*

CGM: continuous glucose monitoring

FDA: Food and Drug Administration

SMBG: self-monitoring of blood glucose

*Appendix B: Therapeutic Alternatives*

Not applicable

*Appendix C: Contraindications/Boxed Warnings*

None reported

*Appendix D: General Information*

- Blood glucose monitoring (either with self-monitoring [SMBG] or CGM) is a tool used to evaluate whether glycemic targets are being achieved. It enables evaluation of response to both pharmacologic therapy and lifestyle modifications and can therefore help guide treatment decisions and/or self-management.
- The American Diabetes Association, American Association of Clinical Endocrinologists, and American College of Endocrinology do not prefer any one blood glucose monitor brand over another.
- The choice of device should be made on the individual's circumstance, preferences, and needs.
- Examples of CGMs and their components include, but are not limited to, the following:
  - Dexcom G6<sup>®</sup> CGM System:
    - Receiver (Dexcom receiver\*): replacement frequency not specified  
*\*A personal smart device (e.g., smart phone, smart watch) may also be used, either instead of or in addition to the Dexcom receiver*
    - Transmitter (G6 transmitter): replaced every 3 months
    - Sensor (applicator with built-in sensor): replaced every 10 days
  - Dexcom G7<sup>®</sup> CGM System:
    - Receiver (Dexcom G7 receiver\*): 3 years for typical use  
*\*A personal smart device (e.g., smart phone, smart watch) may also be used, either instead of or in addition to the Dexcom G7 receiver*
    - Sensor (with built in transmitter): replace every 10 days
  - FreeStyle Libre 14 Day Flash Glucose Monitoring System:
    - Receiver (FreeStyle reader): replaced every 3 years
    - Sensor (sensor pack and sensor applicator): replaced every 14 days
  - FreeStyle Libre 3 Glucose Monitoring System:
    - Receiver (Reader\*): replace every 3 years  
*\*A personal smart device (e.g., smart phone, smart watch) may also be used instead of the receiver*
    - Sensor: replaced every 14 days

*Appendix E: Comprehensive Diabetes Management Programs*

- A comprehensive diabetes management program is based on an assessment of an individual's specific needs. Education is designed to promote self-management or assist caregivers when appropriate while offering support to improve health outcomes (American Diabetes Association, Diabetes Care 2023, 46: Supplement\_1:S68-S96; U.S. Department of Veteran Affairs, Management of Type 2 Diabetes Mellitus in Primary Care. 2017. update Mar 2021; National Institute for Health and Clinical Excellence (NICE), Diabetes (type 1 and type 2) in children and young people: diagnosis and management. Clinical guideline 18. 2015. update 2020; Powers et al., Diabetes Care 2020, 43: 1636-49; National Institute for Health and Care Excellence (NICE), Type 2 diabetes in adults: management. Clinical guideline 28. 2015). Content areas include:
  - Description of the disease process
  - Treatment options
  - Incorporation of nutritional management
  - Incorporation of physical activity into lifestyle
  - Safe medication usage

- Monitoring of blood glucose and HbA1c along with other lab values to make self-management decisions
- Weight management
- Additional content areas include education in preventing, detecting, and treating acute and chronic conditions, as well as strategies to address psychosocial issues and to promote health and behavior changes. Continuous education, with reinforcement and periodic assessment of treatment goals, is necessary.

#### **V. Dosage and Administration**

Usage regimen is individualized based on patient goals.

#### **VI. Product Availability**

Monitor and test strip packaging vary by product and manufacturer.

#### **VII. References**

1. InterQual July 2023. Release CP: Durable Medical Equipment Continuous Glucose Monitors, Insulin Pumps, and Automated Insulin Delivery Technology.
2. InterQual April 2022 Durable Medical Equipment Criteria, Therapeutic continuous glucose monitor (CGM) with supply allowance.
3. InterQual April 2022 Durable Medical Equipment Criteria, Adjunctive real time continuous glucose monitor.
4. American Diabetes Association. Standards of medical care in diabetes—2023. *Diabetes Care*. 2023; 45(suppl 1): S1-S280. Accessed August 7, 2023.
5. Garber AJ, Handelsman Y, Grunberger G, et al. Consensus statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the comprehensive type 2 diabetes management algorithm – 2020 executive summary. *Endocr Pract*. 2020; 26(1): 107-139.
6. Grunberge G, SherrJ, Allende M, et al. American Association of Clinical Endocrinology clinical practice guideline: The use of advanced technology in the management of persons with diabetes mellitus. *Endocrine Practice*. 2021; 27: 505-537.
7. FreeStyle Libre 14 Day Flash Glucose Monitoring System User’s Manual. ART39764-201 Rev. A 02/23. Available at <https://www.freestylelibre.us/support/overview.html>. Accessed August 7, 2023.
8. Dexcom G6 CGM System User Guide. AW-1000052-10 Rev 001 MT-1000052-10. Revision date: November 2022. Available at <https://www.dexcom.com/guides>. Accessed August 7, 2023.
9. Dexcom C7 CGM System User Guide. AW00078-10 Rev 002 MT-00078-10. Revision Date: April 2023. Available at <https://dexcompdf.s3.us-west-2.amazonaws.com/en-us/G7-CGM-Users-Guide.pdf>. Accessed August 7, 2023.
10. FreeStyle Libre 3 Continuous Glucose Monitoring System User’s Manual. ART41641-001. Rev. A 05/23. Available at [https://freestyleserver.com/payloads/ifu/2023/q3/ART41641-001\\_rev-A-web.pdf](https://freestyleserver.com/payloads/ifu/2023/q3/ART41641-001_rev-A-web.pdf). Accessed August 7, 2023.

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created per October ad hoc SDC, adapted from CP.PMN.214.	11.02.21	02.22
4Q 2022 annual review: revised to align with InterQual medical criteria as follows: <i>initial criteria</i> – removed requirements for a prescribing physician who has seen the member in person in the last 6 months, blood glucose testing 4 or more times per day, and in person visits every 6 months; added additional pathway to approval for members not receiving intensive insulin therapy (adults with type 2 diabetes); added requirement for participation in a comprehensive diabetes management program; <i>continued criteria</i> – added additional pathways to receive replacement devices based on the age/lifetime of the current device and added requirement for ongoing monitoring from a physician/clinical specialist; clarified that the preferred product redirection applies only when the member is an appropriate age to use the product per FDA labeling; references reviewed and updated.	07.18.22	11.22
4Q 2023 annual review: updated Appendix D with examples of Dexcom G7 and Libre 3; updated Appendix E with content area of “weight management” per ADA 2023 guidelines; references reviewed and updated.	08.07.23	11.23

**Important Reminder**

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

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