

**FACT: Preferred and exclusive arrangements between insurers and manufacturers restrict patient access. Doctors and their patients should decide the best individualized treatment options, not insurance companies.**



**The 2016 American Diabetes Association Standards of Care states:**

- Treatment decisions should be based on evidence-based guidelines that are tailored to individual patient preferences.
- There should be a close working relationship between the patient and clinicians involved in care planning and delivery, free of influence from third-party payers.
- Insurance companies are often a barrier to coordinated delivery of chronic care, which has shown to be an effective in improving the quality of diabetes care.<sup>1</sup>

**Scientific studies show restricting access restricts optimum patient outcomes.**

- Insurance-driven medication change adversely affects patient care and access to treatments.<sup>2</sup>
- When insurance companies prevent patients from receiving access<sup>3</sup> to a recommended treatment, many patients (up to 1 in 5) do not receive their treatment at all.<sup>3</sup>
- Partnerships between insurers and vendors that limit therapeutic options may to adversely affect patient outcomes.<sup>4</sup>
- Clinical guidelines are important to help patients achieve the best outcomes, but care must be tailored to meet the unique patient.<sup>5</sup>
- Recommended medications vary for each patient because the biology of each person is different, so insurance companies may place medications that are best for the patient, out of reach.<sup>6</sup>
- Limiting treatment options decreases patient adherence, resulting in mortality, hospitalization and cost.<sup>7</sup>



**Learn more and act now: [www.diabetespac.org/access-action-center](http://www.diabetespac.org/access-action-center)**

<sup>1</sup> Strategies for Improving Care Diabetes Care 2016;39(Suppl. 1):S6–S12 | DOI: 10.2337/dc16-S004

<sup>2</sup> <http://www.ncbi.nlm.nih.gov/pubmed/22754895>

<sup>3</sup> <https://www.prescriptionprocess.com/sites/default/files/Step%20Therapy%20The%20Patient%20Impact.pdf>

<sup>4</sup> <http://www.diabetes.org/newsroom/press-releases/2016/statement-pump-access-limitations.html?referrer=http://www.diabetes.org/newsroom/press-releases/2016/statement-pump-access-limitations.html?referrer=http://www.medscape.com/viewarticle/863425>

<sup>5</sup> <http://www.futureofpersonalhealth.com/prevention-and-treatment/one-size-fits-some-the-importance-of-personalizing-diabetes-care>

<sup>6</sup> <https://www.prescriptionprocess.com/steptherapy>

<sup>7</sup> <http://medcraveonline.com/JDMDC/JDMDC-03-00069.pdf>