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5.99.008

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|--------------------|------------------------|------------------------------|---------------|
| <b>Section:</b>    | Prescription Drugs     | <b>Effective Date:</b>       | April 1, 2025 |
| <b>Subsection:</b> | Miscellaneous Products | <b>Original Policy Date:</b> | June 7, 2012  |
| <b>Subject:</b>    | Diabetes Test Strips   | <b>Page:</b>                 | 1 of 3        |

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**Last Review Date:** March 7, 2025

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## Diabetes Test Strips

### Description

#### Diabetes Test Strips

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#### Background

Blood glucose test strips contain a chemical reagent system which is read by a blood glucose meter to display the glucose concentration in whole blood. The meter and test strips have been designed, tested and proven to work together effectively to provide accurate blood glucose measurements. Blood glucose tests are used to check for diabetes, monitor the treatment of diabetes and to check for diabetes that may occur during pregnancy (gestational diabetes).

#### Regulatory Status

Blood Glucose Monitoring Test Strips are approved by FDA for the quantitative measurement of glucose in capillary whole blood from the finger, forearm, and palm.

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#### Related policies

Continuous Glucose Monitors and Supplies

### Policy

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

Diabetes test strips may be considered **medically necessary** if the conditions indicated below are met.

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## Prior-Approval Requirements

### Diagnosis

Patient must have the following:

Diabetes

**AND ALL** of the following must be provided

- 1) Directions for Use
- 2) Quantity required per 90 days
- 3) Reason for testing >6 times per day
- 4) **NO** dual therapy with Continuous Glucose Monitors (CGM) and/or Continuous Glucose Monitor supplies

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## Prior – Approval *Renewal* Requirements

Same as above

### Policy Guidelines

#### Pre - PA Allowance

**Quantity** 6 test strips per day

#### Prior - Approval Limits

**Quantity** Up to 918 test strips every 90 days

**Duration** 6 months for gestational diabetes  
1 year for other types of diabetes

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## Prior – Approval *Renewal* Limits

Same as above

### Rationale

#### Summary

Blood glucose test strips contain a chemical reagent system which is read by a blood glucose meter to display the glucose concentration in whole blood. The meter and test strips have been

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designed, tested and proven to work together effectively to provide accurate blood glucose measurements. Blood glucose tests are used to check for diabetes, monitor the treatment of diabetes and to check for diabetes that may occur during pregnancy (gestational diabetes).

Prior authorization is required to ensure the safe, clinically appropriate, and cost-effective use of diabetes test strips while maintaining optimal therapeutic outcomes.

## Policy History

| Date           | Action   |
|----------------|--|
| June 2012      | New addition   |
| March 2013     | Annual editorial review and reference update   |
| June 2014      | Annual editorial review and reference update   |
| September 2015 | Annual review  |
| December 2016  | Annual review  |
|                | Policy code changed from 5.11.08 to 5.99.08  |
| June 2017      | Annual review  |
| June 2018      | Annual review  |
| August 2018    | Addition of no dual therapy with Continuous Glucose Monitor (CGM) and/or Continuous Glucose Monitor supplies   |
| November 2018  | Annual review  |
| June 2019      | Annual review  |
| June 2020      | Annual review  |
| February 2021  | Changed Pre-PA Allowance from 612/90 to 6 test strips per day to align with MDD coding. Changed the name of the policy to Diabetes Test Strips per FEP |
| June 2021      | Annual review  |
| March 2022     | Annual review  |
| March 2023     | Annual review. Changed policy number to 5.99.008   |
| March 2024     | Annual review  |
| March 2025     | Annual review  |

## Keywords

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**This policy was approved by the FEP® Pharmacy and Medical Policy Committee on March 7, 2025 and is effective on April 1, 2025.**