



Wespath

BENEFITS | INVESTMENTS

HEALTHFLEX SUMMIT—SEPTEMBER 2018

Diabetes Action Plan



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Agenda



WHY Having a
Diabetes Action Plan
Is Important



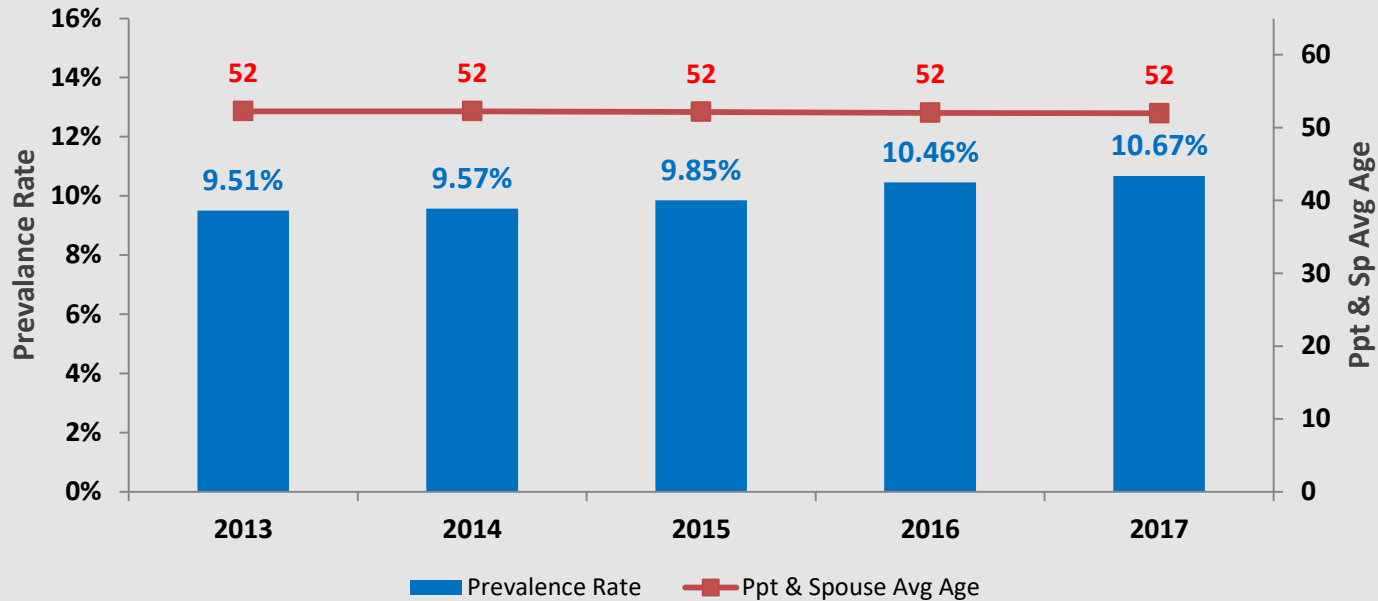
HOW We Will
Do It



WHAT Can Be Done
About It

HealthFlex Diabetes Prevalence

Diabetes slowly increasing in population



Source: BCBSIL, UHC Diabetes diagnoses

Importance of Hemoglobin A1c



Quest Diagnostics study: 35% of participants with high HbA1c had a normal fasting glucose^{1,2}



Fasting glucose alone missed more than $\frac{1}{3}$ with prediabetes or diabetes!



HbA1c measures average glucose over past 3 months



HbA1c is required on *Blueprint for Wellness Physician Form*

¹ <http://care.diabetesjournals.org/content/41/6/e99>

² <http://www.questforhealth.com/blog/innovation/prediabetes-screening/>

High Cost of Diabetes



Human Costs

Impact on lifestyle

Stress on family +
financial stress

20–25% depression rate

Risk of multiple complications,
affects other conditions



Financial Costs to HealthFlex

Diabetes is most costly condition
(medical + pharmacy)

Diabetes medications are highest total
cost prescription drug category

Average total paid/member with diabetes
> 2.5 times general HealthFlex population

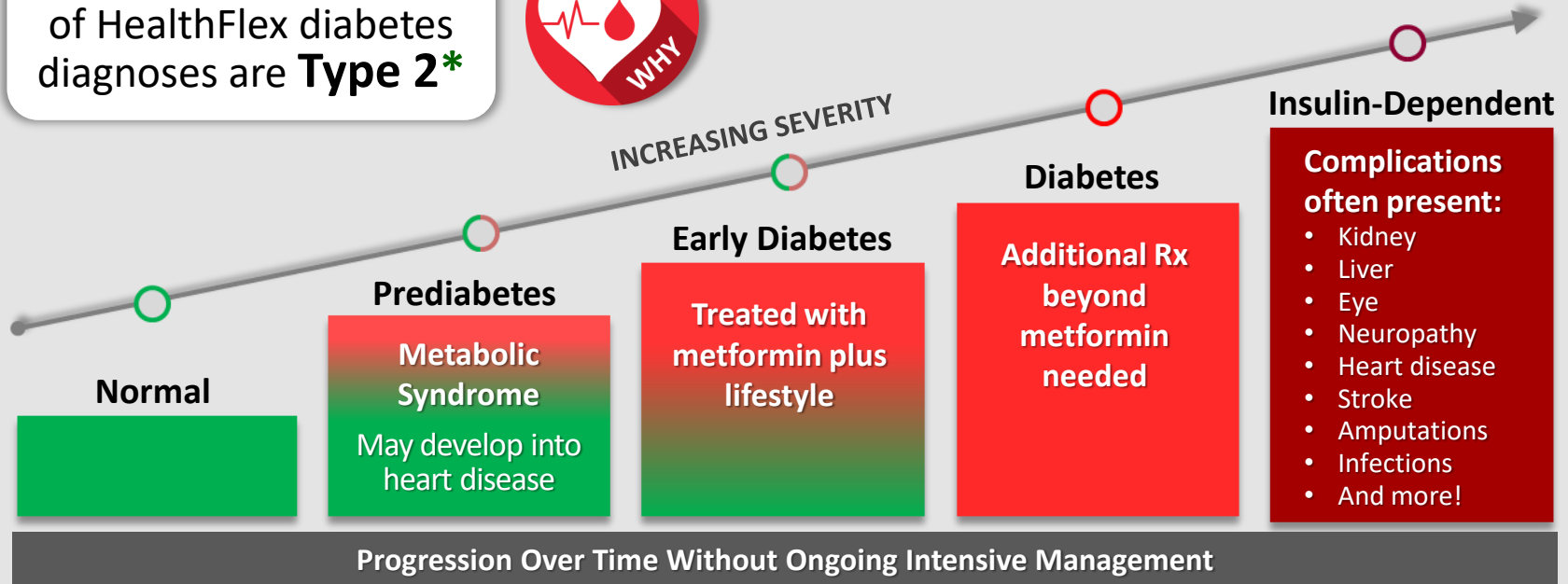
11% of population has diabetes, yet
accounted for 29% of overall spend (2017)



Based on Optum analysis: PPO, CDHP, HDHP enrollees 1/1/17 – 12/31/17 incurred costs

Type 2 Diabetes Is Progressive

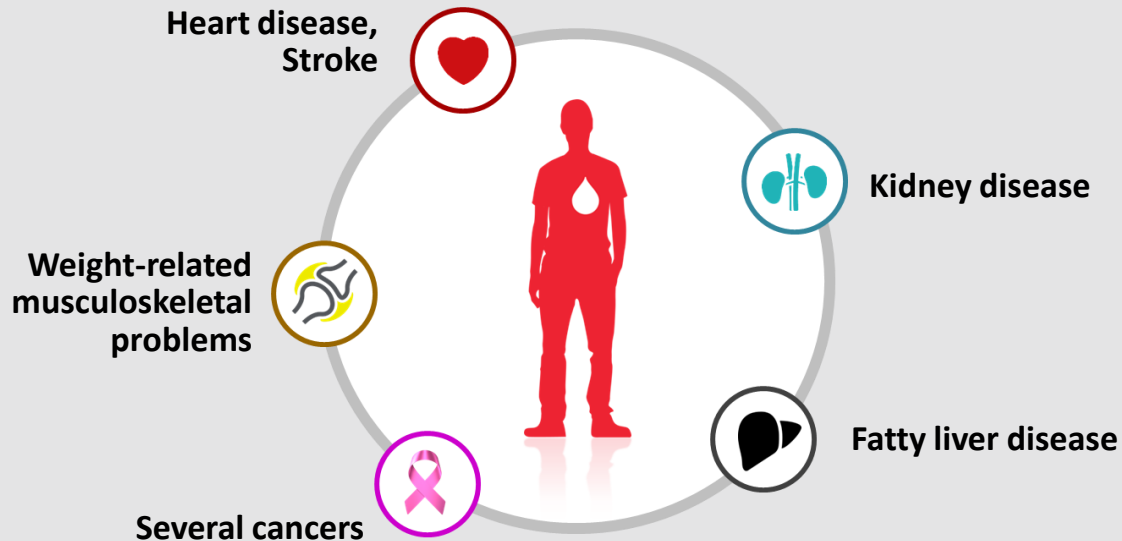
Approximately **93%** of HealthFlex diabetes diagnoses are **Type 2***



* Based on 2017 HealthQuotient self-reported diabetes diagnoses

Prediabetes and Type 2 Diabetes Are PREVENTABLE

Addressing prediabetes/metabolic syndrome/diabetes ALSO reduces:



Intervening at prediabetes/metabolic syndrome stage is easier and saves both human and financial costs

Diabetes Prevention Program (DPP)



CDC National Effort to Implement DPP

2018—Medicare requires DPP coverage



One-Year Program

16 Foundational Sessions, then follow-up

- Participants lowered risk of developing diabetes by 58%*
- Even 10 years later, participants $\frac{1}{3}$ less likely to develop diabetes*

* Reference: <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html>

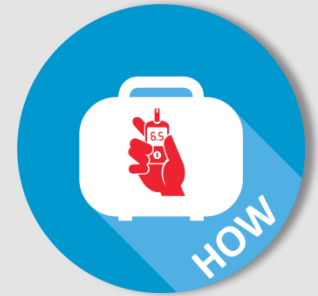
DPP for HealthFlex Population



Online



Community-based—in person



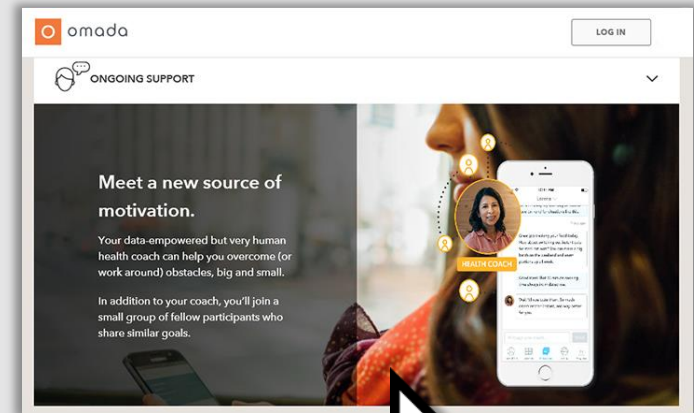
Online Option Provider

- Health Information Trust Alliance (HITRUST) certified—personal health info protected
- Centers for Disease Control full recognition:
 - Verified results
 - Approved curriculum
- Partnership through Quest Diagnostics
- Fees based on performance—engaged and losing weight (verified through wireless digital scale)



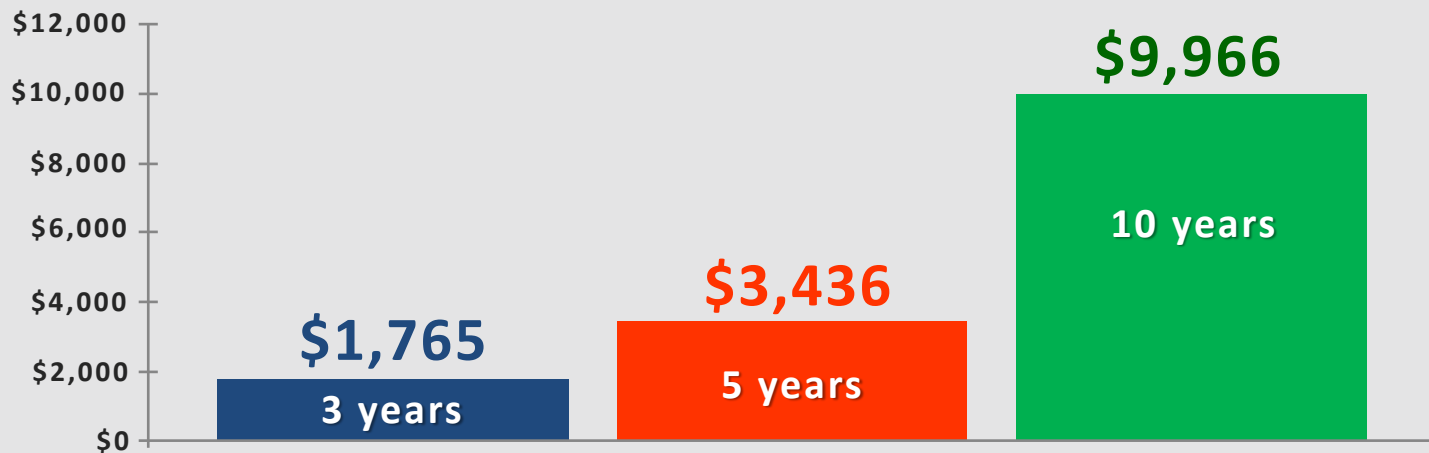
Online Option Provider

- Offers a year 2 maintenance program
- Those with metabolic syndrome also eligible
- Similar but separate program for non-insulin dependent diabetes
- Also developing programs for hypertension and insulin-dependent diabetes



Estimated Savings for Program “Completers”

Predicted per participant healthcare cost savings



As defined by the CDC, program “Completers” are participants who complete any 9 of 16 weekly lessons in the “Foundations” phase of the Omada program.

Su W, Chen F, Dall TM, Iacobucci W, Perreault L. Return on Investment for Digital Behavioral Counseling in Patients With Prediabetes and Cardiovascular Disease. Preventing Chronic Disease 2016;13:150357

Community-Based DPP Participation

WHY	<ul style="list-style-type: none">• May prefer in-person program or referred by health care provider
WHAT	<ul style="list-style-type: none">• CDC-recognized programs offered by many YMCAs and health systems• HealthFlex will reimburse up to \$500 for participation in at least 9 DPP sessions
HOW	<ul style="list-style-type: none">• Reimbursement process through WageWorks• DPP group leader provides documentation of participation• Member submits receipt + participation documentation to WageWorks• WageWorks verifies requirements are met and issues check to member

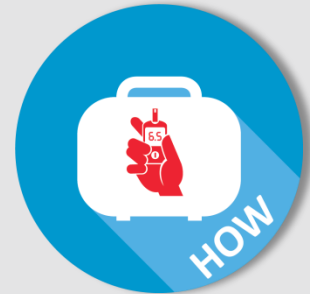


The CDC defines “DPP Completers” as participants who complete 9 of 16 lessons

Implementation Timeframe

Early 2019:

Online DPP and reimbursement
for community-based DPP
available



August 1, 2019:

Discontinue WebMD specialized
Weight Management coaching—
DPP promoted to very similar population

WebMD Weight Management vs Online DPP

WebMD Weight Management Coaching

- Flat fee to HealthFlex
- More focused on weight loss
- Individual program

Online Diabetes Prevention Program Provider

- Fees based on verified results—digital scale
- Focused on health and weight loss
- Group support component
- Online foundational education component—16 sessions of standardized curriculum
- Year 2 maintenance program

WebMD Lifestyle Coaching would still be available to those for whom it is a good fit or are not ready for the online or community-based DPP program





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Appendix

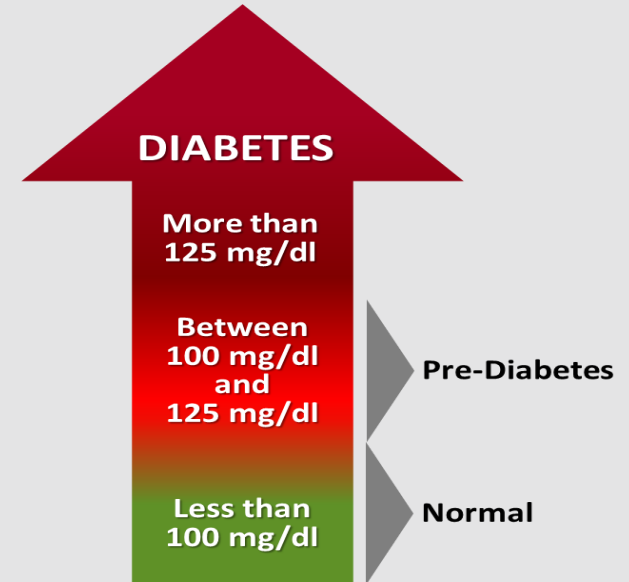
What Is Diabetes?

A condition in which fasting blood sugar is 125 mg/dl or higher, or hemoglobin A1C is 6.5 mg/dl or higher

Types of Diabetes

- **Type 1:** Usually diagnosed as a child or young adult, insulin-dependent, don't yet know how to prevent
- **Gestational:** Develops during pregnancy
- **Type 2:** Usually diagnosed in adulthood—**preventable**—develops gradually over time

Fasting Glucose Level



What Is Prediabetes?

A condition in which blood glucose (blood sugar) is higher than normal, but not yet high enough to be diagnosed as diabetes. Metabolic syndrome often present also.

Diagnosis		
Blood Glucose	100 – 124 mg/dl	Prediabetes
	Measures blood glucose at single point in time	
Hemoglobin A1C	5.7 – 6.4 mg/dl	Prediabetes
	Measures average blood glucose level over past 3 months	

