



HealthFlex Summit—October 2019



**Wespath**

BENEFITS | INVESTMENTS

# Chronic Conditions Strategy

## HealthFlex Plans

# Agenda

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- Chronic Conditions—  
Impact on HealthFlex Population
- Chronic Condition Strategy
- Early Results from Omada Program—  
Online Diabetes Prevention Program
- Interview with Patty Ward, Omada Health



# Chronic Conditions and HealthFlex

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**Bad News**

**NO EASY,  
QUICK FIX**



# Chronic Conditions and HealthFlex

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**Good News!**

**Nearly always  
preventable or at least  
minimize progression  
and complications**





# Chronic Conditions and HealthFlex

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## Impact on:

- Personal well-being
- Finances
- Ministry



# Chronic Conditions and HealthFlex

## Financial Impact on HealthFlex Plan

- Chronic conditions which are preventable, or at least minimized by a healthy lifestyle\*
  - Accounted for 20% of 2018 HealthFlex Total Allowed Costs (medical + Rx)
- Diabetes was by far the highest cost condition category (medical + Rx allowed) and affects far more individuals
  - #1 Diabetes 7.8% of costs from 1600+ members
  - #2 Hemophilia 4.3% of costs from 4-6 members

\* Includes diabetes, ischemic heart disease, joint degeneration—back and knee, chronic renal failure, hypertension, hyperlipidemia



# Chronic Conditions Strategy

## Early Identification

- Blueprint for Wellness
- HealthQuotient
- Wellness exams



# Chronic Conditions Strategy

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## Identify Pre-Conditions

- Metabolic syndrome
- Prediabetes
- Prehypertension





# What is Metabolic Syndrome?

Combination of risk factors—often occurring together—  
which greatly increase risk of heart disease, stroke, diabetes

Any three of the following (or taking medications to control)  
= **metabolic syndrome\***

Blood pressure	≥ 130/85	
Fasting blood glucose	≥ 100	
Triglyceride level	≥ 150	
Low HDL (good cholesterol)	Men < 40	Women < 50
Waist circumference	Men > 40 inches	Women > 35 inches

\* American Heart Association definition

# What Is Prediabetes?

- Fasting blood sugar and/or hemoglobin A1c are above normal, but not yet high enough to meet diabetes threshold
- 1 in 3 Americans has prediabetes\*
- Those with prediabetes are “on the path” to developing diabetes

<b>Blood Glucose</b>	<b>100 – 124 mg/dl</b>	<b>Prediabetes</b>
	Measures blood glucose at single point in time	

<b>Hemoglobin A1C</b>	<b>5.7 – 6.4 mg/dl</b>	<b>Prediabetes</b>
	Measures average blood glucose level over past 3 months	

\* <https://www.cdc.gov/diabetes/basics/prediabetes.html>



# What Is Prehypertension?

## Guidelines Updated in 2018

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<b>HYPERTENSIVE CRISIS</b> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

# What Is “Prehypertension”?

“Prehypertension” (in 2017) =  
Hypertension Stage 1 (in 2018)

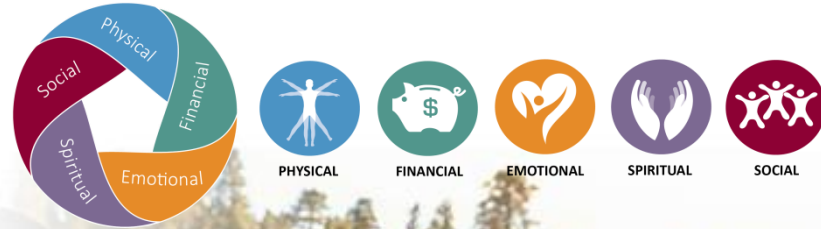
- Stage 1 treated with lifestyle modification AND likely medication
- “Elevated” treated with lifestyle modification



# How Do We Prevent Progression?

## Intensive Lifestyle Management

- Physical activity
- Healthy diet
- Weight management
- Stress management
- Sleep



Medication for those who need it



# Chronic Condition Strategy

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- Intensive lifestyle support
  - Online Omada Health
  - Community-based Diabetes Prevention Program (reimbursement)
  - Health Coaching - WebMD
  - Virgin Pulse activity program
- New in 2020! Preventive meds with no deductible in HSA plans



# Potential Future Directions

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Specialized support for  
insulin-dependent diabetes

Musculoskeletal  
condition support



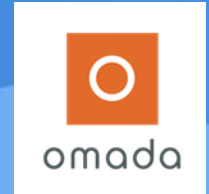
HEALTHY LIFE

# Early Results—Omada Health

**678** enrolled participants  
as of October 1 lost a total of

**4558 pounds**

125 of the 678 are in the Type 2 Diabetes program



# Early Results—Omada Health

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## 338 participants have completed the 16-week foundational phase:

- 3.4% average weight loss
- 31% achieving 5% weight loss\*  
(Omada benchmark 29%)

\* 5% weight loss leads to a 50% reduction in risk of developing diabetes over 3 years

Maruther NM, Ma Y, Delahanty LM, et al. Early responses to preventive strategies in the diabetes prevention program.

J Gen Intern Med. 2013;28(12): 1629-36.



# Early Results—Omada Health

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**69% completed 9+ lessons**

(Omada benchmark 60%)

**90% Satisfaction Rate**

(180 respondents)





# DPP Success Story

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“ Omada has really helped me feel better and stay motivated as I work to become healthier.

**DPP Participant, Baltimore-Washington Annual Conference**

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Participating in Omada has been just what I've needed to make some healthy changes in my life. I am grateful to have this program as part of our insurance coverage.

**Jana, DPP Participant**

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# DPP Success Story

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“ What Omada has done for me is to give me a safe, supportive platform where I can explore the best way for me to take care of myself. There's no prescription, just good information, a supportive community, and open, grace-filled accountability. I'm discovering what works for me and feeling more empowered to live a healthy life than I have in a long time.

**Clergy DPP Participant, Rio Texas Annual Conference** ”

A green road sign with white text that reads "Answers Just Ahead". The sign is mounted on two wooden posts and is set against a bright blue sky filled with fluffy white clouds. The sign has a white border and is slightly tilted to the right.

**Answers**  
Just Ahead

Interview—Patty Ward, Omada Health



# The Omada Program

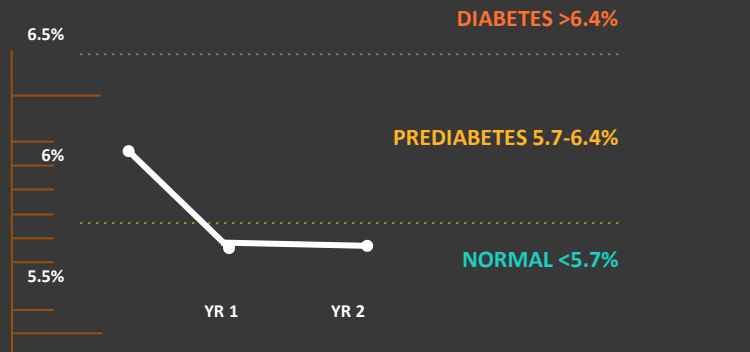
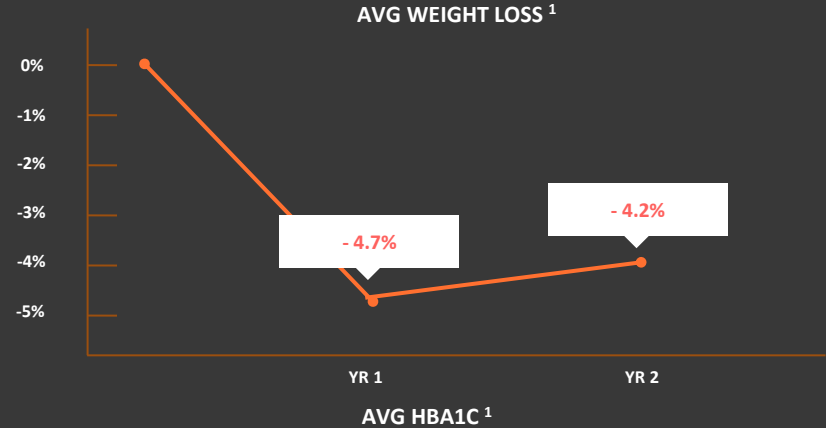
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# LASTING OUTCOMES



## Outcomes

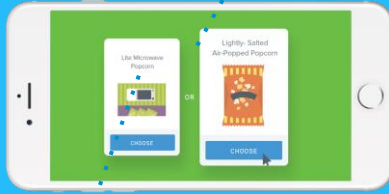
- 11 peer-reviewed publications to date, in Medicaid, Commercial, and Medicare populations
- Most published digital DPP provider
- Focused on market-valued outcomes for prediabetes, CVD and T2D



1. Sepah SC, Jiang L, Peters AL. Long-Term Outcomes of a Web-Based Diabetes Prevention Program: 2-Year Results of a Single-Arm Longitudinal Study. *J Med Internet Res.* 2015;17(4). Weight loss results are from study participants only. Actual results may vary based on age, gender and other individual and demographic factors.



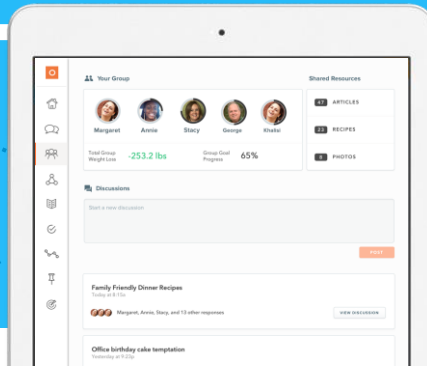
INTERACTIVE  
LESSONS



SMART  
TECHNOLOGY



SUPPORT  
GROUP



PROFESSIONAL  
HEALTH COACH



DATA  
SCIENCE

Omada empowers people  
with obesity-related chronic  
disease to **build healthy  
habits that last.**





**Wespath**

BENEFITS | INVESTMENTS