



Diabetes Care

Diabetes avoidance, management and high-risk intervention

Diabetes is a major cost driver

— it's the second most costly chronic disease next to cardiovascular disease. And those costs can bring a decline in mental and physical health, productivity and absenteeism.

We're using claims data to place your employees with prediabetes and diabetes into three programs tailored to help successfully manage and even improve their condition. And it's included in your health plan, with no additional cost to you or your employees.

3 days

**Decrease in
absenteeism due to
controlled diabetes¹**

Some complex conditions will get special exemption from the program.





Prevention

Cut future costs off at the pass

A prediabetes diagnosis doesn't mean diabetes is inevitable. Prevention is an awareness and healthy weight campaign for employees with prediabetes (A1C 5.7 to 6.4). As a key component to the overall strategy, weight management can narrow the pipeline of employees with diabetes. Employees work with the same coach, who creates a program for that specific person's needs.



Healthy weight app



Meal tracking



Nutritional coaching



Healthy challenges



Lifestyle coaching



9 pounds

**Average reported weight
loss from the Healthy
Weight program²**



Management

Simplification and support to control type 2 diabetes

Employees work with their coach to manage and improve their type 2 diabetes (A1C 6.5 to 8). We make living with type 2 diabetes simple. Your employees get testing supplies mailed automatically to their homes, meaningful education, challenges and a whole team of people helping, including endocrinologists, licensed dietitians and certified diabetes educators.



**Blood glucose monitoring
(Mobile connected)**



**Access to a clinical
personal coach**



**Blood glucose monitoring
supplies shipped to home**



**Endocrinologist
telehealth visits**



Virtual diabetes app



At-home A1C test kits



Everyday help

Digital education and intervention is there every minute of every day to help your employees live with and manage their condition.



Intervention

Make an impact for your most at-risk employees

Intervention is necessary for at-risk employees (A1C>8). Our program targets your employees in danger of experiencing more serious health events and creates a personalized plan to help them improve their condition. They're also eligible to receive enhanced coaching with a continuous glucose monitor, providing their care team with real time information to aid in future interventions, education and medication changes.



Continuous blood glucose monitor (with real-time coaching)



Blood glucose monitoring supplies shipped to home



Virtual diabetes app



Clinical coaching



Endocrinologist telehealth visits



At-home A1C test kits



Clinical Results

62%

**of program participants with
an A1C of 9 or higher had a
2.5-point reduction²**

Managing diabetes has never been simpler

Our program delivers device support, digital interventions and access to experts to improve your employees' health.



An app that drives progress

With a glucometer connected to their phone, your employees will get real-time insights into their health, be able to log results and lifestyle decisions (food, exercise, sleep) and work with the same coach each day.



Smart tracking tools and supplies

The program ships new supplies to an employee's door, so it's easier to manage their condition.



Readily available resources

Personalized eating and exercise tips are developed by the employee's personal coach and are available on the app, as well as other ways to better manage their specific condition.



Access to experts

Endocrinologist telehealth consults are available, as well as other specialists.

Did you know?

**34% of Arkansans
between 18-64 live more
than 30 miles from an
endocrinologist³**

Tell your employees

We want everyone to know about great benefits that are available

The diabetes program — powered by Onduo — is included in your benefits. Don't let it go unused. Promote the program and help us engage eligible employees. Employees can sign up at onduo.com/arppo.

Visit arkbluecross.com/diabetes-care to download a member flyer about the program, find email templates you can send to employees and more! And make sure employees know that emails or postcards they receive in the mail about our diabetes and Healthy Weight program are all part of their benefits and free to them.



¹Economic Costs of Diabetes in the U.S. in 2017; American Diabetes Association; <https://doi.org/10.2337/dci18-0007>

²Polonsky WH et al. Clinical diabetes 2020. Oct. 38(4): 357-362.

³Lu et al. Population-based geographic access to endocrinologists in the United States 2015 Dec.

Onduo is an independent company providing diabetes management services on behalf of Arkansas Blue Cross and Blue Shield and Health Advantage, licensees of the Blue Cross Blue Shield Association.



Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association



Health Advantage

An Independent Licensee of the Blue Cross and Blue Shield Association

