



Diabetes Management Services

Improving employee health by
assisting in diabetes education
and symptom management.





The Challenge:

Uncontrolled diabetes costs an employer \$16,752 in expenditures each year, per employee. In addition, care for individuals with diabetes accounts for one in four healthcare dollars in the United States, with indirect costs associated with increased absenteeism, reduced productivity at work, and inability to work due to a disease-related disability.

The Client:

TargetCare's partnership with this client dates back to 2013, starting with an implementation of annual biometric screenings, an onsite clinic, and a health coaching program at their workplace.

Through clinic and health coaching appointments, the onsite provider noted that a large percentage of employees had symptoms of uncontrolled or early diabetes and were unfamiliar with managing symptoms. TargetCare's ongoing diabetes management services utilize one-on-one coaching to educate employees about diabetes symptom management, medication compliance, routine testing, and preventive testing.

In tandem with the standard TargetCare services provided, the Benefits Consultant and Client decided to offer diabetes management supplies to employees, free of charge. TargetCare's provider assisted in ordering and distributing these supplies to the necessary participants.

\$17,000

Average cost an employer will pay on an uncontrolled diabetic annually.

69

Total number of participants identified in this case study.

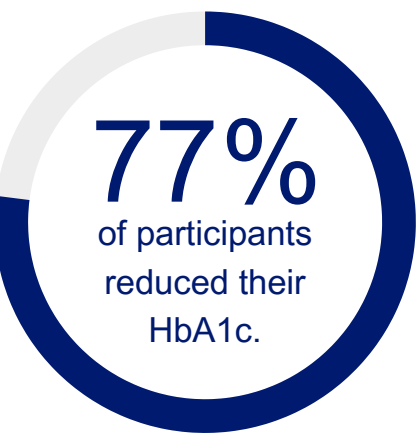
77%

of participants saw a reduction in HbA1c, a metric indicative that diabetes is present.

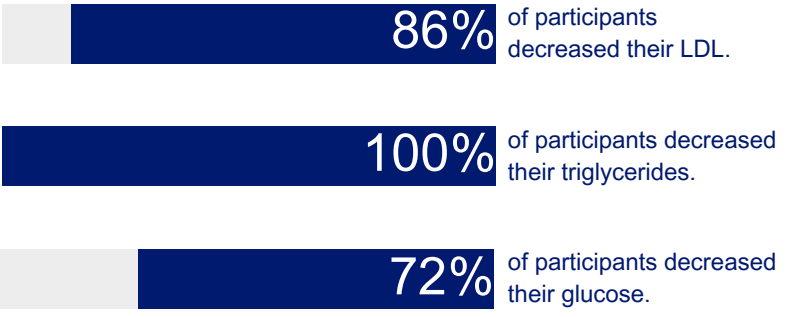
The Results:

This program determined efficacy by measuring biometric data including changes in glucose, cholesterol and hypertension. The employee's health data was taken both before and after diabetes supplies were issued by the provider.

77% of participants reduced their HbA1c and 72% of participants reduced their glucose. Of those that saw a reduction, those who received both health coaching and diabetes management supplies saw twice as large a decrease in these levels, compared to those who just received health coaching.



Every metric studied, including cholesterol levels, glucose, weight, and blood pressure, saw reductions of at least 50%.



TargetCare biometric screenings use data to project a risk score for each participant that guides their care and determines the number of recommended health coaching sessions. Through the diabetes management services, the TargetCare provider successfully moved participants risk scores down in the extremely high, high, borderline high and above normal risk categories. Movement out of these risk categories shows an improvement in their overall health.



More than 50% of participants maintained or decreased their health risk score.

“A patient discovered they had high blood pressure and diabetes through the annual biometric screening, but they refused to go to the doctor or test their blood sugar with a glucometer. After their friend had a stroke, they finally decided to seek out a medical provider and address their diabetes. I connected the patient with a primary care physician and throughout the year, they've began testing and receiving supplies from their employer. Through health coaching, this employee has been educated on the importance of monitoring blood pressure and blood sugar levels regularly, and how to use a glucometer. The patient stated how thankful they are for the free supplies and coaching on how to manage their diabetes.

- TargetCare Provider

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