



# Diabetes Care

**Diabetes avoidance, management and  
high-risk intervention**



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

## 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.

# 3 days

**Decrease in  
absenteeism due to  
controlled diabetes\***

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

\*\*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 program\***

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



# 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**



**Auto fulfillment of blood glucose**  
**monitoring supplies**



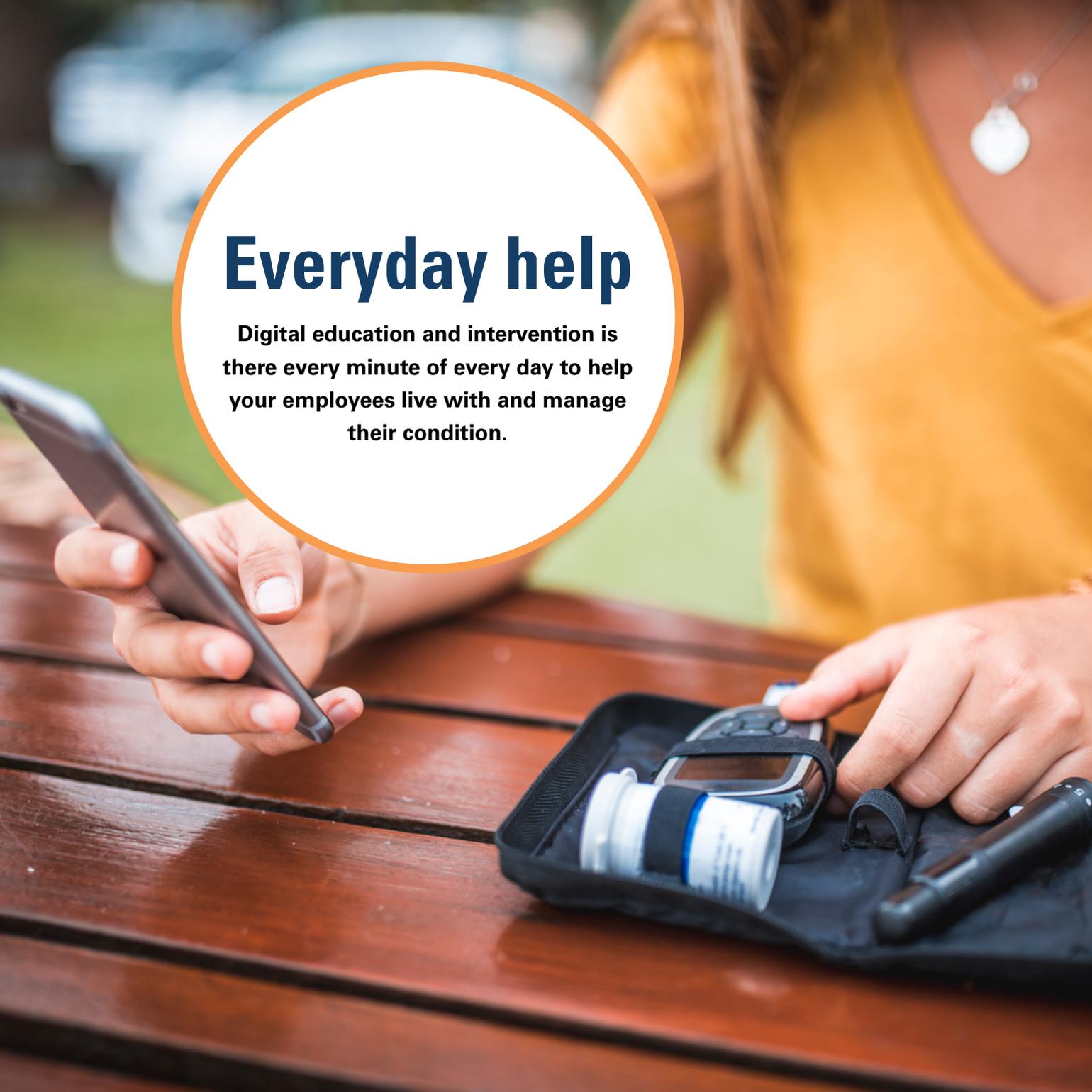
**Endocrinologist**  
**telehealth visits**



**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)**



**Auto fulfillment of blood glucose monitoring supplies**



**Virtual diabetes app**



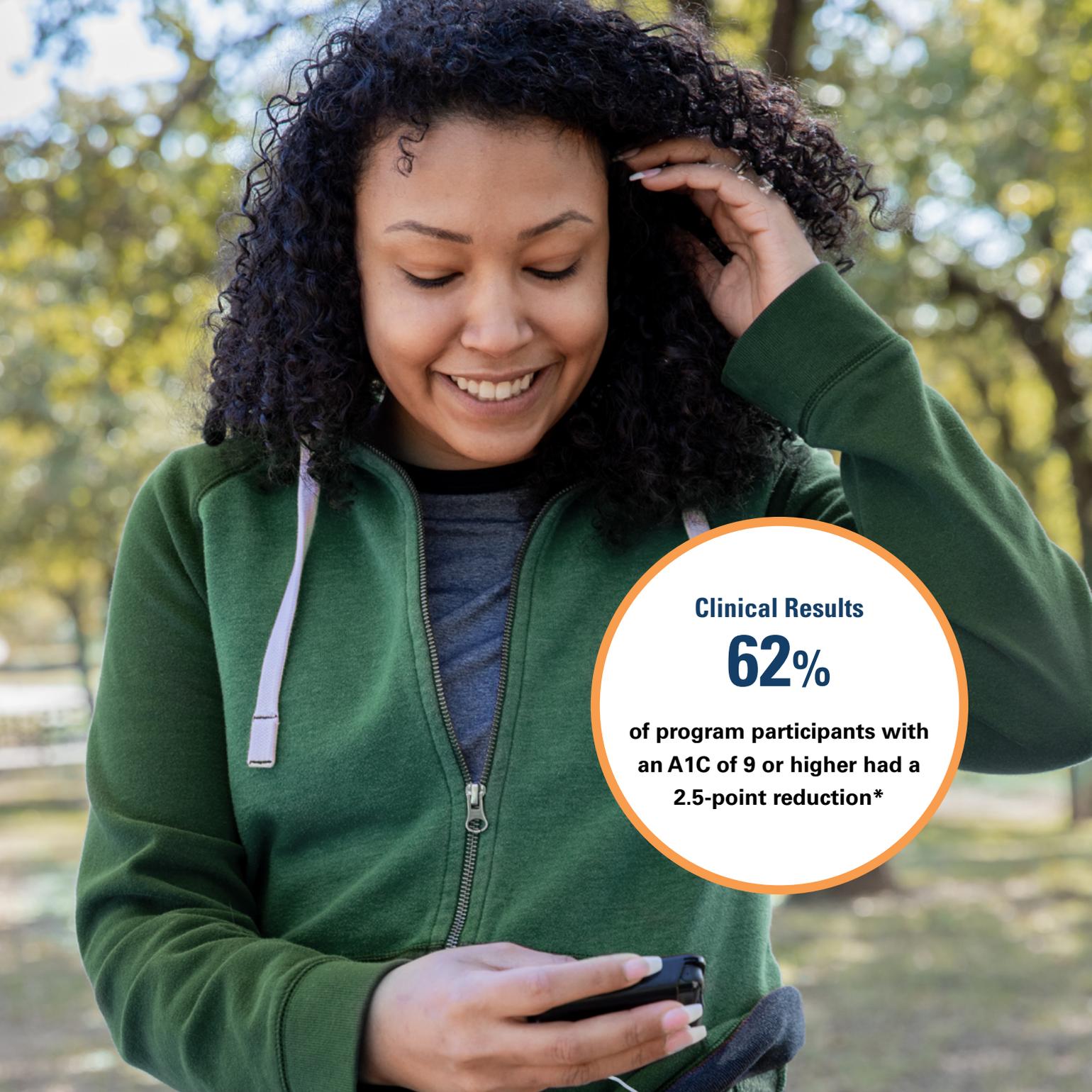
**Clinical coaching**



**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 reduction\***

# 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 automatically 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.

# Choose a diabetes program that works

Give your employees a simpler way to effectively manage their type 2 diabetes

Our diabetes program — powered by Onduo — gives your employees helpful insights and real-time feedback all day every day and will allow them to manage their prediabetes and diabetes the way they prefer.

Visit [blueadvantagearkansas.com/diabetes-care](https://blueadvantagearkansas.com/diabetes-care) to learn more about our program. Talk to your BlueAdvantage representative to add Diabetes Care to your health plan.



Onduo is an independent company providing diabetes management services on behalf of BlueAdvantage Administrators of Arkansas, a licensee of the Blue Cross Blue Shield Association.



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