

WELL *On your Way*

IMPORTANT STATISTICS

- ▶ *People with diagnosed diabetes, on average have medical expenditures that are 2.3 times higher than what the expenditures would be in the absence of diabetes.*
- ▶ *About 1.9 million people, ages 20 years or older, were newly diagnosed with diabetes in 2010 in the United States.*
- ▶ *Diabetes accounts for 15 million work days absent, 120 million work days with reduced performance, 107 million work days lost due to unemployment disability attributed to diabetes.*
- ▶ *Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.*
- ▶ *Diabetes is a major cause of heart disease and stroke.*
- ▶ *Direct and indirect health-care costs of diabetes total billions of dollars a year.*
- ▶ *Both men and women can get diabetes. About one-third of Diabetics do not know that they have it.*
- ▶ *Of those with diabetes, 3 out of 5 people have at least one other serious health problem.*



DIABETES CONTROL

Piedmont's Well On Your Way diabetic disease management program is a proactive management plan designed to assist diabetic members in managing and controlling their diabetes. Our objective is to reduce incidences of chronic, disabling complications through a combination of education and intervention.

Early identification of diabetic members is key to assessing an individual's risk factors. Members can either be referred by their Piedmont primary care physician, by the results of an employer sponsored health risk assessment (HRA), or they can self-present based on their own knowledge and concerns.



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Once identified and enrolled in the Health Directions diabetes program our certified Diabetes Educator works to analyze claims data to form a treatment plan specifically for that person.

This includes scheduling an interview with the member to discuss their medical history. Next we help assess the diabetic's knowledge of the disease concept and their thoughts on how they would like to see their long-term care progress. Following this evaluation stage, we will invite the person participate in the program and assign them a risk category.



The criteria we use for enrollment in the program includes:

- ▶ **Elevated A1c level of >8%**
- ▶ **Documentation by the PCP/Endocrinologist of non compliance with diabetes self management.**
- ▶ **Type 1 diabetes.**
- ▶ **Type 2 diabetes and chronic complications such as: cardiac disease, retinopathy, neuropathy, nephropathy, PVD, non-healing foot ulcers and amputations.**

The Piedmont Certified Diabetes Educator also develops a specific program including goals for improvement in diabetes care and overall health. This includes notifying the member's physician of enrollment in the Diabetic Case Management Program to ascertain the patient's current medical profile including, most recent A1c level and any other relevant health conditions.

The participating employee member will be advised to:

- ▶ **Check glucose levels as often as directed by personal physician.**
- ▶ **Take all prescribed medications.**
- ▶ **Visit personal physician as directed.**
- ▶ **Document daily glucose levels in record book and provide the readings to personal physician and the Certified Diabetes Educator at PCHP.**



The benefits of the Diabetic Case Management Program are considerable. Participation ensures a collaborative relationship between the patient, physician and the Piedmont Certified Diabetic Educator. It can also equate to healthcare cost savings to the employer through reduced incidence and severity of diabetic complications.

The program's effectiveness can easily be gauged as the methods utilized to measure efficacy include both short and long-term tracking of the participant's A1c levels along with monitoring program compliance through cumulative office visits, testing patterns, and aggregate glucose readings.



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