



Diabetes Disease Management Program: Positively impacting the lives of our members

The Chronic Disease of Diabetes:

According to the American Diabetes Association, diabetes is a disease in which the body does not produce or properly utilize insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Although the cause of diabetes is unknown, genetics and environmental conditions such as obesity and lack of exercise are common factors.

The Impact of Diabetes on Society:

Approximately 24 million people in the United States have diabetes and an additional 5.7 million are unaware that they have diabetes. Over time, high glucose levels can cause complications which may harm the eyes, kidneys, nerves, and heart which could result in circulatory system damage.

Diabetes Disease Management Program:

The Diabetes Disease Management Program promotes self management of diabetes. Our program positively changes health related behaviors by working directly with members to promote self management of diabetes. Certified case managers deliver evidence based methods by encouraging member cooperation with their treatment plan. Controlling the disease is the program goal, ultimately leading to reducing diabetes related healthcare expenses and absenteeism, while increasing employee health, wellness, and productivity.

Program Components:

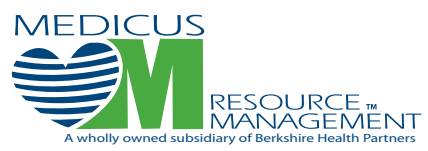
- Identify members with diabetes
- Stratify members based on acuity of disease
- Engage, evaluate, educate, and encourage members to participate in their treatment plan
- Support and coaching for members by registered nurses and certified case manager including, one-on-one coaching and at least four member contacts per year
- Establish action plan for members' compliance with physician orders, identification of barriers, setting achievable goals, and promoting self management of diabetes
- Provide semi-annual employer reports with member participation statistics including the program participation rates, aggregate statistical improvements, and potential health-cost savings

Take action to manage diabetes by calling 1-800-647-2500 and sign up for the Diabetes Disease Management Program to reduce the risk of developing further disease related complications.



Incidents of heart disease and stroke are 2-4 times higher in people with diabetes

Source: American Diabetes Association



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