

UPMC Health Plan

# Diabetes Prevention and Management

Care across the continuum



Your employees are your most important asset. Keep your workforce well with diabetes prevention and management through UPMC Health Plan.

## Prediabetes

UPMC Health Plan identifies at-risk members and helps them make healthy lifestyle changes to prevent or delay the onset of type 2 diabetes.

## Diabetes

The UPMC Health Plan Diabetes Management Program can help members manage their condition so they can avoid complications.

[upmchp.us/diabetes-info](http://upmchp.us/diabetes-info)

1-866-778-6073

UPMC HEALTH PLAN

# Helping members lower their risk of diabetes or live healthier with it

## UPMC Health Plan can help members:

- Reduce their body mass index (BMI) and lose weight.
- Learn self-care practices that may improve their health status.
- Connect with a team to improve the member's clinical outcomes.

## Diabetes prevention

Diabetes affects the body's ability to turn food into energy. It is a serious disease, but it can be prevented with lifestyle changes. UPMC Health Plan offers programs that can help at-risk members make lifestyle changes to keep diabetes at bay.

## Diabetes is on the rise and your employees are at risk.

### Within Pennsylvania:

- About 1.5 million people (nearly 13 percent of the adult population) have diabetes.<sup>1</sup>
- About 3.5 million people have prediabetes, based on their blood glucose levels.<sup>1</sup>
- An estimated \$13.4 billion in direct and indirect medical expenses are associated with diabetes. This includes costs for people with diagnosed and undiagnosed diabetes, prediabetes, and gestational diabetes.<sup>2</sup>

<sup>1</sup>American Diabetes Association

<sup>2</sup>Joint State Government Commission, General Assembly of Commonwealth of Pennsylvania

## Diabetes Management Program

Having controlled blood glucose levels is critical to managing type 2 diabetes. The UPMC Health Plan Diabetes Management Program gives members the support and resources they need to accomplish this. The program helps members with a self-management plan that includes healthy eating, exercise, medication adherence, and other actions they can take to live healthier with diabetes.

## Day-to-day self-management tools

UPMC Health Plan members who enroll in our Diabetes Management Program can get a OneTouch Verio Flex<sup>®</sup> blood glucose meter at no cost. The device has ColorSure visual technology that members can use to quickly see whether they are in their healthy blood glucose range.

In addition, the device can be connected to a smartphone using the free OneTouch Reveal<sup>®</sup> app. This makes it easy for members to track their blood glucose levels, food intake, medication adherence, and activity level. Members can then share that information with their health care provider.

To order, members must call **1-800-460-0663** and provide their order code.



# Tools and teams to help members make meaningful changes

**We provide the tools your employees need to take control of their health, whether they are working to prevent diabetes or need help managing the condition.**

## The power of our people

Our certified diabetes educators, physicians, practice-based care managers, pharmacists, health coaches, and registered dietitians work together on diabetes education, wellness efforts, and clinical support.

## Support at every step

Our diabetes health coaching program can help members at each stage of their journey. Registered nurses and certified diabetes educators talk to members over the phone to assess their educational needs and help them get care. These experts also provide no-cost health coaching to help members better manage their diabetes.



**More than 90 percent of our health coaching participants increase their physical activity.**

### Prevention

- Get information on risk factors they can control.
- Learn steps to take if they have been diagnosed with prediabetes.
- Learn how to lower their risk of type 2 diabetes.

### Shared coaching strategies

- Set clear goals and achieve them.
- Make shared decisions about care.
- Use self-management tools.
- Stay motivated.
- Manage their stress.
- Become physically active.
- Overcome obstacles.
- Achieve a healthy weight.
- Make healthy food choices.
- Quit smoking.

### Management

- Receive a state-of-the-art blood glucose meter.
- Learn to monitor their blood glucose levels.
- Adopt healthy habits to control their blood glucose levels.
- Understand the roles of oral and injected medications, as well as how to safely take these medications.
- Learn to avoid blood glucose highs and lows.
- Avoid complications or manage any that develop.
- Reduce unplanned care.

## HEALTH COACHES ARE A NO-COST OPTION TO HELP MEMBERS:



**Reducing hemoglobin A1C by 1 percent is associated with a 10 percent financial savings related to the total cost of care.<sup>1</sup>**

**Nearly 44 percent of MyHealth Weigh to Wellness program participants had sustained weight loss of at least 5 percent or more.<sup>2</sup>**

**Researchers found that, with early intervention to reduce BMI and weight by 5 to 7 percent, 58 percent those participating in a diabetes prevention program were less likely to develop type 2 diabetes.<sup>3</sup>**

<sup>1</sup>Fitch K, Pyenson BS, Iwasaki K. Medical Claim Cost Impact of Improved Diabetes Control for Medicare and Commercially Insured Patients with Type 2 Diabetes. *Journal of Managed Care Pharmacy*. 2013, 19(8): 609-620d.

<sup>2</sup>"2017 Diabetes across the Continuum: Strategic Recommendations and 3-Year Goals" at six months. Page 5, Figure 1. MyHealth Weigh to Wellness Program Outcomes.

<sup>3</sup>National Institute of Diabetes and Digestive and Kidney Diseases.

## UPMC MyHealth Weigh to Wellness

This eight-session program uses weekly phone calls, follow-up measures, and check-in sessions to help members achieve their weight management goals. UPMC MyHealth Weigh to Wellness<sup>®</sup> is also available in a mobile application.

## Evidence-based education programs

Members have digital and in-person options that fit how they want to learn, whether that's one-on-one or in a group. Lessons learned from our programs can help members become healthier and reduce unplanned care.

### Diabetes self-management education

This optional program is led by a diabetes educator. It takes members' specific needs, goals, and life experiences into account to help them manage their diabetes and improve their hemoglobin A1C.

*This program is through a provider, not a UPMC Health Plan nurse or health coach. It requires a referral. Applicable fees may apply based on the member's health plan coverage.*

## UPMC HEALTH PLAN

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