

## Integrated Healthcare Management

# Disease Management

Our Disease Management program gives your employees resources to help them deal with the effects of chronic or diagnosed conditions. Disease management has been shown to reduce complications, slow disease progression, and keep members healthy while reducing health care costs.

**Disease Management** focuses on the following conditions: asthma, chronic obstructive pulmonary disease, congestive heart failure, coronary artery disease, and diabetes. Many of these conditions can be positively impacted through proper management and simple lifestyle modification. In a recent study, 58% of patients with pre-diabetes were able to successfully prevent or delay the onset of diabetes by making moderate lifestyle changes.

Our Disease Management program identifies at-risk members through claims and pharmacy data, and through self-referral. Trained nurses then work as "health coaches" in conjunction with health care providers, giving members advice and education on how to properly manage conditions, improve nutrition, and fit exercise into their daily routines. As they begin to implement lifestyle changes, members receive ongoing support from their health coach.

With the right resources, you can help your employees live healthier lives and reduce health care spending.

- According to a recent study published in the Archives of Internal Medicine, 90 percent of diabetes cases could be prevented through adoption of healthier lifestyles.
- In 2007, the American Diabetes Association estimated the total economic cost of diabetes in the U.S. at \$174 billion, a 32% increase since 2002.
- People with diagnosed diabetes incur average expenditures of \$11,744 per year, of which \$6,649 is attributed directly to diabetes.
- On average, people with diagnosed diabetes spend 2.3 times more on medical care than they would without diabetes.
- The average cost for a hospital inpatient day due to diabetes is \$1,853.
- In 2007, diabetes caused 445,000 cases of unemployment disability.

To find out more about our Disease Management program, please call **1.800.447.7828, extension 6245.**

