



DIA-TEC CLOUDTM
by **diabetes education**
CENTER OF THE MIDLANDS

Introducing
DIA-TEC CLOUDTM
Technology. Education. Community.

Your NEW Strategy for Diabetes Cost Management
from the Experts at DECM

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Diabetes happens in real time. Now, your strategy for diabetes cost management does too. Reduce the impact of diabetes in your workplace. Diabetes affects productivity, health care costs, absenteeism, and presenteeism. Imagine a program that helps your employees feel their best, perform better, and spend less time away from work.



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An estimated 29.1 million Americans, or nearly 10% of the population, have diabetes. Annually, an estimated \$245 billion in US health care costs are incurred by people with diabetes. Employers are most affected by the indirect costs of diabetes, totaling \$69 billion, which result from absenteeism, reduced or lost productivity, and unemployment caused by diabetes related disability.¹

¹ Source: US Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2014

Diabetes is Personal and Professional

Your Employees Can Have Better Results While Reducing Your Health Care Costs

Diabetes is a complex disease that requires a great deal of knowledge and skill to manage successfully. Fortunately, Diabetes Education Center of the Midlands (DECM) offers a complete management program that empowers your employees with the resources needed to live well with diabetes. DECM helps your employees stay healthier and happier, while your company sees lower health care costs and a boost in productivity.

DECM's **DIA-TEC CLOUD™** program challenges generic, "one size fits all" disease management programs by offering a personalized experience for each member enrolled in the program. Our solutions improve the quality of life and health of people with diabetes, position them to be more present and productive at work, and cut health care expenses at the same time.

We believe people with chronic conditions like diabetes should spend less time on their disease and more time living life. We make it easy for employers to provide a modern diabetes management program at a lower cost.

Risk Assessment for Employers

- Do you have or plan to implement a Health & Wellness program for your employees?
- Are your Medical Claims consistently above your health care budget?
- Is diabetes among the top 5 chronic conditions within your employee population and claims costs?
- Is health-related absenteeism an issue in your workplace?
- Do you want to find new ways to improve the productivity of your workforce?

If your business faces any of these challenges, the experts at DECM have your solution.

Prevent Complications Through Empowerment

Diabetes is a lifelong condition requiring self-management that continually evolves over time. For individuals affected by diabetes, education and support are vital to living a healthy life and avoiding the short and long-term consequences of high and low blood sugars, as well as increased risk for severe health issues.²

Many of the consequences of uncontrolled diabetes affect employment in the form of increased absenteeism and presenteeism, in addition to higher health care costs. People with uncontrolled diabetes or with diabetes complications incur costs two to eight times more than people with controlled or non-advanced diabetes.



Approximately 1/3 of the average workforce has diabetes or pre-diabetes. The average compliant employee with diabetes will cost a health plan **\$8,000** per year. Because only 2% of employees with diabetes are compliant, the average cost of a non-compliant employee with diabetes will cost a health plan between **\$16,000** and **\$24,000** per year.³

² American Diabetes Association, Economic Costs of Diabetes in the U.S. in 2012

³ Watson Wyatt, MBGH Conference 2007



About DECM

DECM is a nationally recognized resource for diabetes education, support, and individual assistance. For more than 30 years, our team of certified diabetes professionals have helped people with all aspects of diabetes self-management.

The DECM Difference - A Cloud-Based Strategy to Control the Costs of Diabetes

There's NO better way to fight the costs associated with diabetes than with a DECM partnership. Our comprehensive, low-cost diabetes management program includes:

- Online employee education that is recognized by the American Diabetes Association (ADA) and based in more than 30 years of experience educating individuals with diabetes.
- An improved understanding of diabetes self-management.
- Supplies to test blood glucose multiple times a day.
- Immediate coaching for acute blood glucose changes - hypo and hyperglycemia.
- Access to personal data and analysis of blood glucose trends and statistics.
- Opportunities to consult with Certified Diabetes Educators regarding glucose trends and developing plans for improvement.
- Experienced staff who provide a comprehensive approach for diabetes management, including exercise, nutrition, adherence, and diabetes medication changes.
- Easy-to-implement smart technology that empowers employees with real-time information, educational resources, and 24/7 support of diabetes management experts.
- A community of social support, accountability, and encouragement, which are critical factors for successful behavior change.
- A coordinated method for obtaining quarterly A1Cs.

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Technology

A cloud-enabled, community-based program empowers your employees to take better care of themselves and communicates real-time information for improved outcomes.



Education

Online modules are designed to empower your employees with tools and self-management education to improve self-care behaviors, such as healthy eating, being active, adhering to medications, learning coping skills, and monitoring blood glucose.



Community

A support network helps reinforce positive behavior change. Employees and their team of care consultants can reduce and prevent complications to lower healthcare costs, improve productivity, and have a better quality of life.

Diabetes Wellness Support Where You Need It Most

Employer Benefits	Individual Benefits
Lower health care costs	Lower health care costs
Reduced medical claims costs	Reduced doctor and ER visits
Reduced doctor and ER visits	Reduced absenteeism
Reduced employee turnover	Increased productivity
Reduced absenteeism and presenteeism	Reduced risk of developing diabetes complications, including: heart disease, eye disease and blindness, kidney failures, and nerve damage
Increased productivity from healthier employees	Increased self-efficacy in managing a chronic disease
Progress reports - medical and financial	Improved sense of well-being
Improved employee morale	Increased understanding and use of physical activity to control blood sugars

DECM monitors employee progress and provides the following quarterly employer reports:

📋 Number of Participants:

- Who's newly registered
- Who's actively participating
- Who's completing the online education
- Who's no longer in the program

📊 Outcome Reports:

- Average A1c: number improved, number unchanged
- Weight: number improved, number unchanged
- Blood glucose measurements: number done, number of episodes of extreme variability

The **DIA-TEC CLOUD™** Approach from the Experts at DECM

DECM helps your employees manage the chronic condition of diabetes by blending the power of technology, real-time information, and human support to make life easier. Our approach is guided by three simple principles: people with diabetes want to spend less time on their condition; people who treat diabetes want better, real-time information so they can help in the most effective way possible; and payers - including employers - want to spend less.

That is exactly what the **DIA-TEC CLOUD™** provides. We want people with diabetes to spend more of their energy being productive, while providing better information and controlling costs. With technology, smart analytics, personalized education, and care team support, the **DIA-TEC CLOUD™** makes this a reality.



Technology



Technology puts real-time monitoring capabilities in the palms of your employees' hands. The **DIA-TEC CLOUD™** program features a smart glucose meter that offers cloud-based diabetes management.

It tracks more than just a "number" because that's only a small part of who your employees are. The cellular network automatically transmits blood glucose readings, activity information (such as steps), and how the person is feeling to provide a real-time picture of your employees' health.

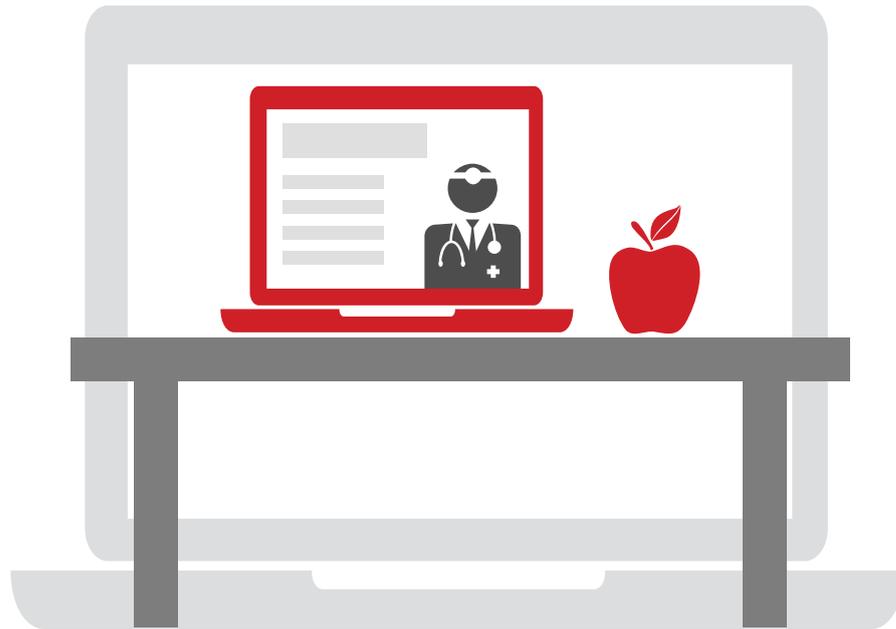
Real-Time Feedback

Our smartcloud receives the data and develops the insights based on clinical rules and your employees' personal health history. It analyzes the data, turns it into useful, actionable information, and provides instant feedback about what to do next. The decision-making process gets smarter and more personalized the longer the employee participates in the program.

Instant, Personal Response

The connection between the device and the smartcloud is surrounded by a virtual care team of Certified Diabetes Educators who are always available to support your employees. We recognize that everyone is different and has unique needs, so we cater to your employees as individuals. It's reassuring to know that, in times of special need, this team of experts is prepared to provide whatever support or education is needed. We'll reach out to an employee directly if readings require clinical attention.

Much more than just a traditional blood glucose meter, the cellular connected device is really a communications tool that puts health data, trends, and messages in the palms of your employees' hands. By simply setting up a personal online profile, your employees can send blood sugar readings to a family member, their doctor, as well as a personal coach. They can also set their blood glucose device to alert an emergency contact if a reading is above or below a certain threshold.



Education



Knowledge is power. That's why education is essential to living well with a chronic disease that's heavily reliant on self-management. The **DIA-TEC CLOUD™** program is backed by the experts at DECM, who empower your employees with the knowledge and support they need to feel in control of their health again. This knowledge will translate into powerful and positive health transformations.

DECM's online curriculum offers assessments and progress monitoring to make sure your employees understand the importance of prevention, testing, and diabetes management.

Extraordinary Online Tools and Resources

- What is diabetes?
- Monitoring and goals for control
- Oral medications and injections
- Insulin
- Hypoglycemia
- Foot, skin, and dental care
- Standards of complications
- Eating for the health of it
- Meals and diabetes
- Eating out
- Stress management
- Sick days and ketoacidosis
- Role of physical activity
- Making your treatment plan work



Community



DECM's **DIA-TEC CLOUD™** program was designed with the goals of managing the effects of this epidemic, bringing down costs, and helping individuals achieve better results for their lives.

That's why we start with the person first. DECM gets to know your employees and provides the information, education, and support they can apply in their daily lives. The smart glucose meter simplifies the tracking of diabetes numbers, while the DECM support team is there to give those numbers context. The "number" is only one piece of the puzzle. Understanding how your employees feel and what they are doing matter, too.

Virtual Care Team Available 24/7

Our community approach provides peace of mind and minimizes worry about critical events. A virtual care team is always watching and ready to respond in less than 60 seconds, if needed. With the **DIA-TEC CLOUD™**, our personal coaching component provides social support, accountability, and encouragement - important factors for successful behavior change, especially when it comes to managing a chronic condition.

Your employees will have 24/7 support. Diabetes experts are always available to:

- Evaluate vitals in real time
- Notify employees when things go awry or could be managed better
- Give on-the-spot advice
- Evaluate the readings over long-term and short-term, identifying trends
- Recognize consistent patterns and offer personalized interventions, such as meal planning, medication adherence, and/or physical activity recommendations



How to Get Started

The objective of DECM's comprehensive program is to improve the health of employees with diabetes through smart technology blood glucose monitoring, online education, and visits with clinicians or support teams when necessary. The enrollment process is simple!

Engage DECM to Start the Program

Engage DECM to provide the online Modern Approach to Diabetes Workability program at your workplace:

1. Employees register online as part of their employer-group sponsored program.
2. DECM obtains pre-program A1Cs, glucose readings, or self reports of diabetes diagnosis.
3. Employees are guided through the 14 online modules.
4. Employees take an online Pre and Post-Test, demonstrating their new knowledge regarding managing their diabetes.
5. DECM coordinates obtaining quarterly A1Cs to monitor employee progress.

DECM Provides Constant Monitoring and Support

Through the **DIA-TEC CLOUD™**, DECM staff monitor each employee's progress from the initial intake form through the Post-Test stage and review employee online dashboards. In the event it appears that a participant is stalled in taking the next step, our DECM team will contact the participant to provide assistance as needed. Assistance may consist of answering questions, an encouraging email, a recommendation for a visit with a clinician, or telephonic coaching.

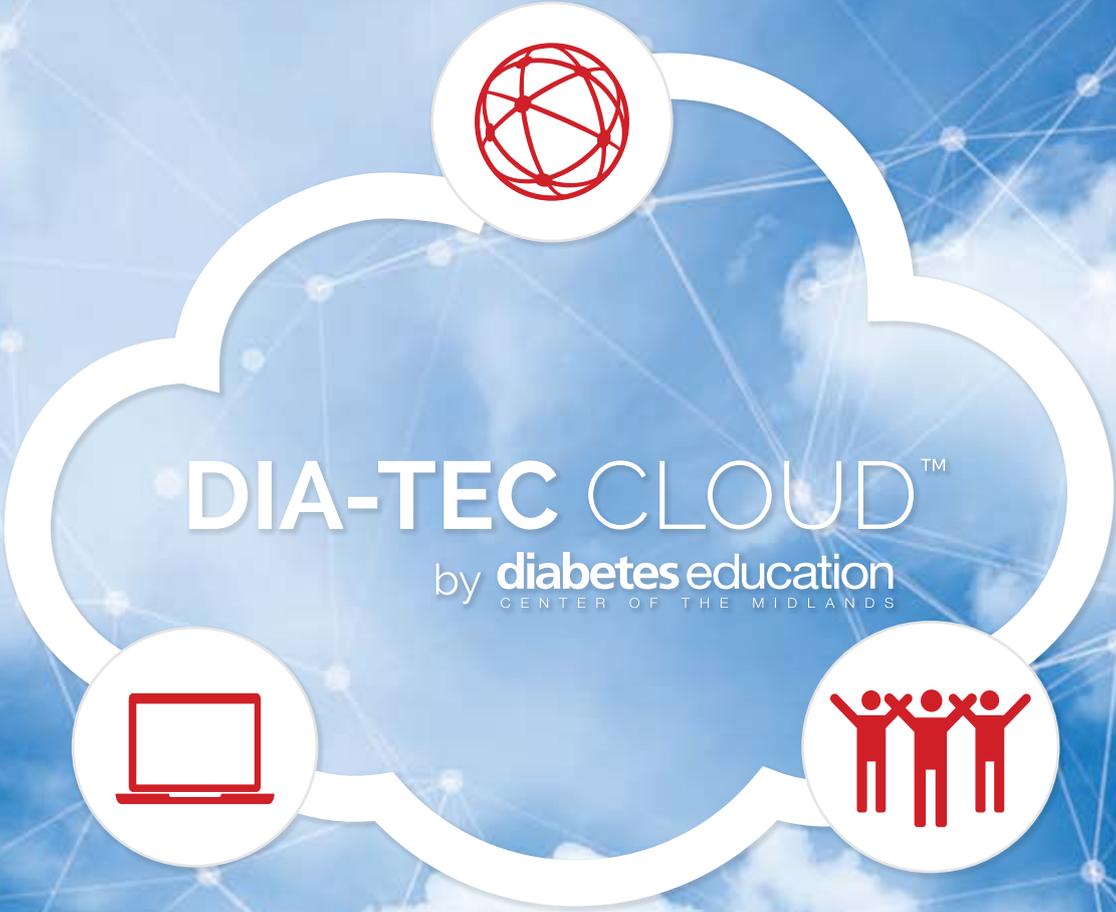
Results You Can Expect

Clinical Outcomes:

- Improved Hemoglobin A1C - decrease or maintenance from baseline; Access to A1C, weight, and BP measurements
- Improved blood glucose control - as measured by self-monitoring
- Weight loss or maintenance

Long-Term Behavior Changes:

- Adherence to diet for glucose, weight management
- Engaged in regular physical activity
- Utilizing self-management skills: self glucose testing, consistency with medications
- Taking steps to reduce long-term risks, such as smoking cessation and foot care



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