



## Diabetes Management program

Empowering your members to develop healthy habits and improve glycemic control.

Blue Cross Blue Shield of Michigan and Blue Care Network work with Teladoc Health<sup>®</sup> on a data-driven approach that provides members with personalized, actionable and timely support to drive lasting outcomes and combat the risk of diabetes complications. The Teladoc Health cellular-connected meter offers real-time feedback following a glucose reading with food and activity tracking and coaching by certified diabetes care and education specialists to help your members understand the impact of their lifestyle habits. Personalized outreach drives ongoing engagement, with health challenges that encourage small changes for big wins and HealthNudges™ that deliver calls to action.

Chronic conditions like diabetes often do not exist in isolation. For example:

- 85% of people living with diabetes also deal with weight challenges<sup>1</sup>
- 69% live with hypertension<sup>2</sup>
- 44% experience dyslipidemia<sup>2</sup>
- More than 30% of people with diabetes experience depression, anxiety, and distress.<sup>3</sup>

This approach is focused on the individual and makes it easy for your members to manage diabetes and associated conditions with a single registration and integrated experience.

### Convenience

A Welcome Kit arrives at your member's home with their smart device set up and ready for testing and with the ability to order unlimited testing strips and lancets at no out-of-pocket cost.

### Simplicity

A cellular meter captures the glucose readings in the cloud automatically, with reports that can be easily shared with care providers or loved ones from the meter.

### Emergency outreach

Within minutes of an out-of-range blood glucose reading, a diabetes response specialist reaches out to your member to ensure their safety and provide guidance to help them regain control of their condition.

### How this solution works



#### Monitoring

View trends, activity and other biometric data within the app across one or multiple conditions.



#### Coaching

Coaches help coordinate their care and promote diet, activity, medication and lifestyle management.



#### Support

24/7 remote monitoring with emergency outreach, 1:1 live coaching, unlimited diabetes testing strips and lancets and ongoing HealthNudges help sustain healthy behavior.

<sup>1</sup><https://diabetes.org/obesity>

<sup>2</sup><https://www.cdc.gov/diabetes/data/statistics-report/risks-complications.html>

<sup>3</sup><https://www.mhanational.org/diabetes-and-mental-health>

Teladoc Health<sup>®</sup> is an independent company that provides condition management solutions for Blue Cross Blue Shield of Michigan and Blue Care Network. The program is offered at no cost to members and covered dependents with diabetes and coverage offered through Blue Cross Blue Shield of Michigan health plan. Blue Cross Blue Shield of Michigan and Blue Care Network are a nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.