



An integrated solution to condition management

The need

1. Chronic conditions reduce worker productivity
 - Five chronic diseases or risk factors—high blood pressure, diabetes, smoking, physical inactivity, and obesity—cost US employers \$36.4 billion a year because of members missing days of work.¹
2. Point solutions do not scale
 - Unable to address the challenges that one condition has on other aspects of a person's health
 - Members have to contend with multiple uncoordinated programs
 - Clients have to manage stacked costs and separate reporting
3. A digital solution is needed to address various issues
 - A person spends most of their time outside of a health care setting
 - Health care providers are often overwhelmed and underresourced
 - Data is disconnected and out of date
 - Digital solutions are an economic way to provide personal support

For members

Personalized, actionable and timely support across multiple conditions

- Lifestyle behavior change tools
- Provider coordination and medication optimization
- Expert health coaching and personalized plans
- Cellular-connected devices.

For customers

- A simple, streamlined enterprise experience
- One implementation for multiple conditions, integrated billing, reporting and outcome analysis

Blue Cross Blue Shield of Michigan and Blue Care Network work with Teladoc Health[®] to provide the following condition management solutions for help managing multiple health challenges.

Diabetes Management program

- Hypertension
- Dyslipidemia
- Weight management
- Mental health

Diabetes Prevention program

- Prediabetes management
- Hypertension
- Dyslipidemia
- Weight management
- Mental health

Hypertension Management program

- Dyslipidemia
- Weight management
- Mental health

Weight Management program

- Certified health coach
- Personalized plan
- Connected scale
- Available in English and Spanish

The results²

DIABETES	HYPERTENSION	WEIGHT MANAGEMENT	DEPRESSION
0.8pt	10mmHg	5.5%	55%
AVERAGE HbA1c REDUCTION	AVERAGE SYSTOLIC BLOOD PRESSURE REDUCTION	YEAR 1 AVERAGE WEIGHT LOSS	PATIENTS WITH MEASURED CLINICAL IMPROVEMENT ON AVERAGE

¹<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/workplace-health.htm>

²Data from 2019 S1 for diabetes, hypertension, and depression. Weight management from data on file (DS-3547).

Teladoc Health[®] 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.