



CHRONIC CARE

Diabetes Management Solution

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

Blue Cross Blue Shield of Michigan has partnered with Livongo on a data-driven approach that provides employees with personalized, actionable and timely support to drive lasting outcomes and combat the risk of diabetes complications. The Livongo 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 employees 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
- 56% live with hypertension
- 33% experience dyslipidemia
- 21% struggle with mental health conditions*

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

Convenience

A Welcome Kit arrives at your employee'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 employee to ensure their safety and provide guidance to help them regain control of their condition.

How this solution works



Registration

Eligible employees register and are equipped with appropriate devices, interventions, programming and coaching support based on their needs.



Monitoring

They can 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.

*Data on file for hypertension and behavioral health prevalence (DS-4266). Note: behavioral health prevalence is based on medical claims. The 2017 National Survey on Drug Use and Health found that the prevalence of behavioral health conditions was 25% for clinical conditions and an additional 35% for sub-clinical conditions. Overweight and dyslipidemia prevalence from Kaiser Family Foundation 2018 and 2017 State Health Facts, respectively.