



DIABETES MANAGEMENT

Diabetes is one of the fastest growing diseases in the United States, affecting nearly 21 million Americans, roughly 7% of the population. An estimated 15 million have been diagnosed; however, 6 million people (nearly one-third) are unaware that they have the disease, an average of 8% of every employee population.

The average cost of unmanaged diabetes care is about \$13,000 per patient.

*H*ighlighted below are three services that Diabetes America offers to help manage diabetes.

DIABETES MANAGEMENT PROGRAMS

The Diabetes Management programs identify, manage, measure and improve patient outcomes. They provide medical, educational and nutritional interventions targeted to the prevention of diabetes and to improvements in diabetes health and wellness. Comprehensive medical, educational, nutritional, exercise and lifestyle programs are complemented by on-site retinal, foot and cardiology care. A full pharmacy is available for the convenience of the patients.

REMOTE MONITORING

The Diabetes Management programs are extended through a continuous feedback and remote monitoring support system for patients. Diabetes America has developed several web-based systems where patients can 1) access limited parts of their medical records, 2) create and plan special meals tailored to their nutritional plan ("Make-A-Meal"), 3) remotely download data from their glucose meters and 4) make appointments, review and refill medications, review their account, and interact with their healthcare team.

DIABETES FITNESS CENTER

HealthFirst TPA believes that both a healthy mind and a healthy body are essential to healthy living. The Diabetes America team of fitness specialists, dietitians, nurses, physicians and health educators work collaboratively with patients to develop a personalized fitness program that helps them achieve the positive benefits of exercise and activity.

- Medical Management
- Weight Management
- Lifestyle Program
- Oral Health Program
- Mental Health and Wellness Program
- Remote Monitoring
- Employer and Community Outreach Program
- Employee Screenings
- Absenteeism and Case Management

