

Saint Luke's Health System

Diabetes Prevention and Management

Megan Craven, MS, GBA, RD
Manager Benefits & Wellness

Background

- 8,850 employees; 19,600 total covered lives
- Robust, long-term diabetes disease management program with pharmacy benefits
- Diabetes not in top 5 for cost or prevalence



Program Progression



2020 and prior

- Carrier Programs
- Online Education
- Coaching Calls
- Diabetes & HLD



2021

- Internal Program
- Quarterly Webinars
- Diabetes Only



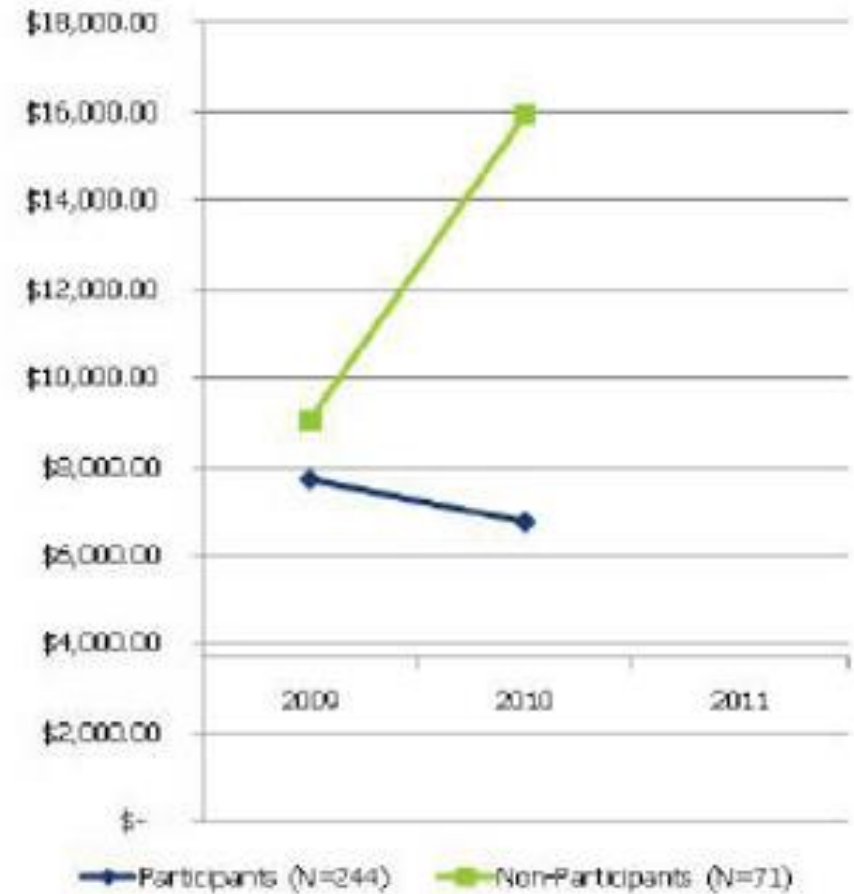
2022

- Omada
- Diabetes, HTN, Pre-diabetes/Prevention

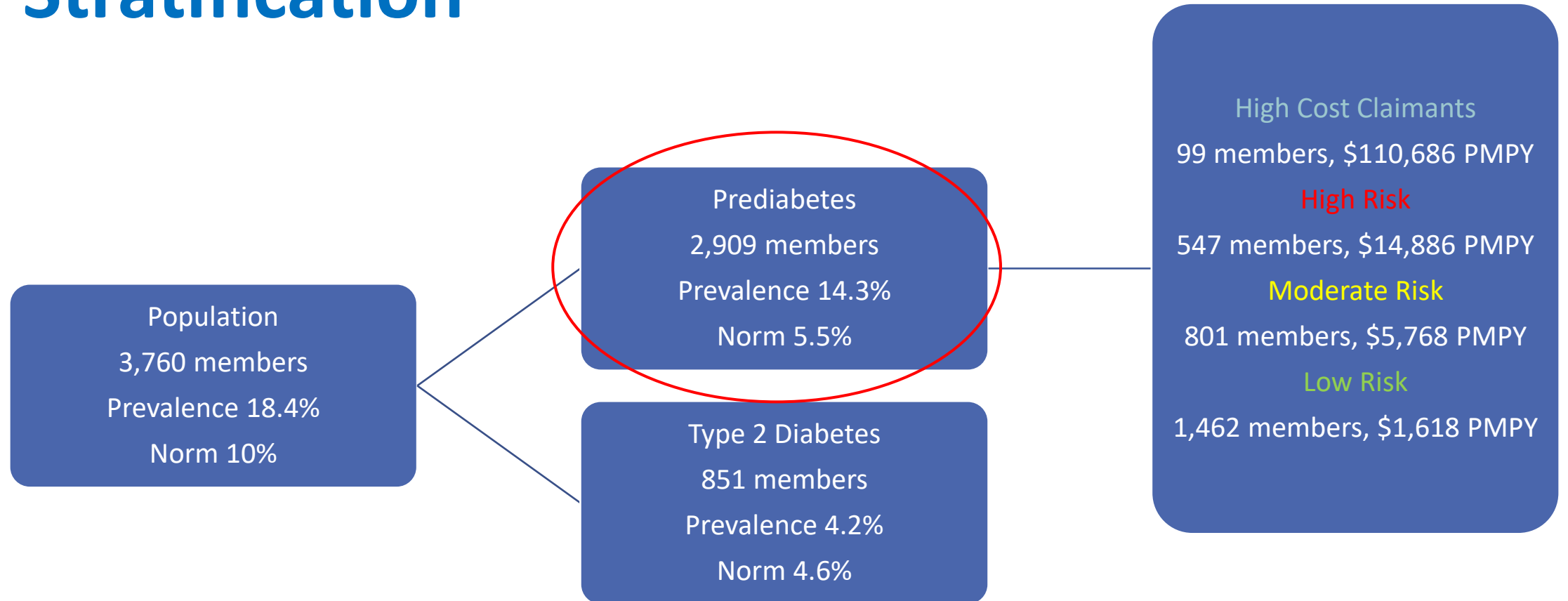
- Pharmacy Benefit:
 - Supplies covered at 100% -test strips, lancets, CGMs
 - Oral medications covered at 100%.
 - Injectables (inclusive of insulin)- \$10 copay/mo or \$20 copay/3 mo

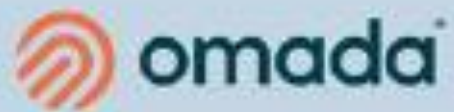
Diabetes is in line with the care gap norm (34%) and the prevalence rate of 4.9% compared to the norm (5.0%).

TOTAL MEDICAL AND RX COSTS OF AETNA DIABETES DISEASE MANAGEMENT PARTICIPANTS AND NON-PARTICIPANTS



Prediabetes & Type 2 Diabetes Risk Stratification



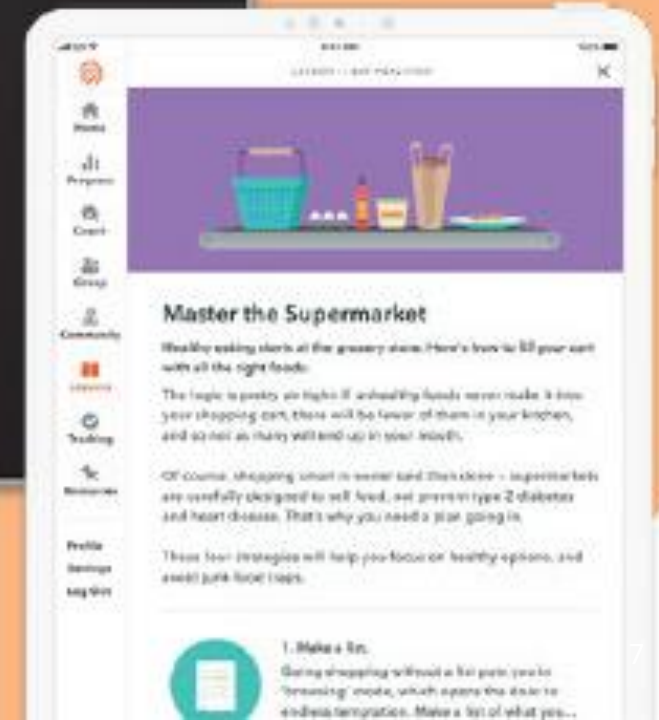


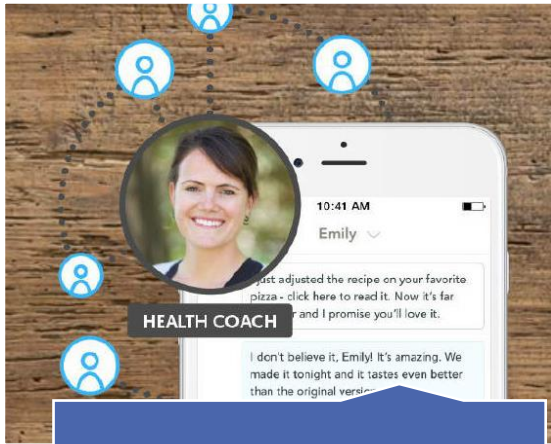
**Get healthy
your way**



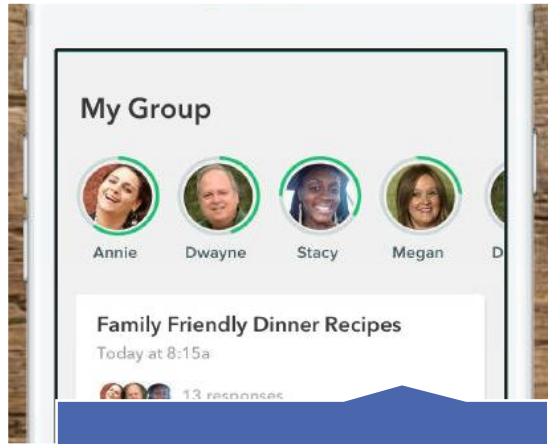
Omada

- Pre-Diabetes/Prevention
 - Overweight (BMI ≥ 25) +
 - Prediabetes, HTN, DLD, Tobacco Use; or BMI ≥ 27
- Diabetes
 - A1C $\geq 6.5\%$ or fasting BG ≥ 126 mg/dL
- HTN
 - Systolic BP ≥ 130
 - Diastolic BP ≥ 80
 - On BP Medication





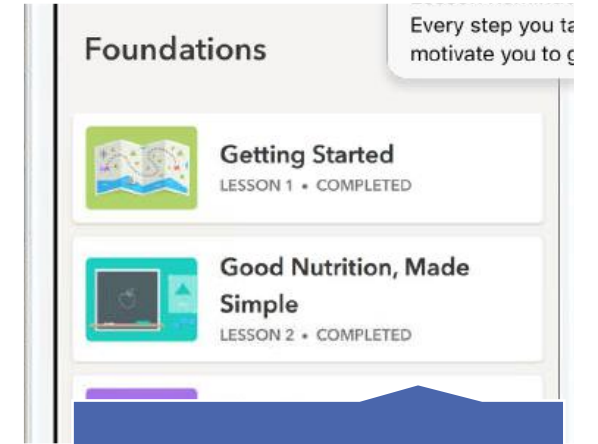
Health Coach



Peer Group



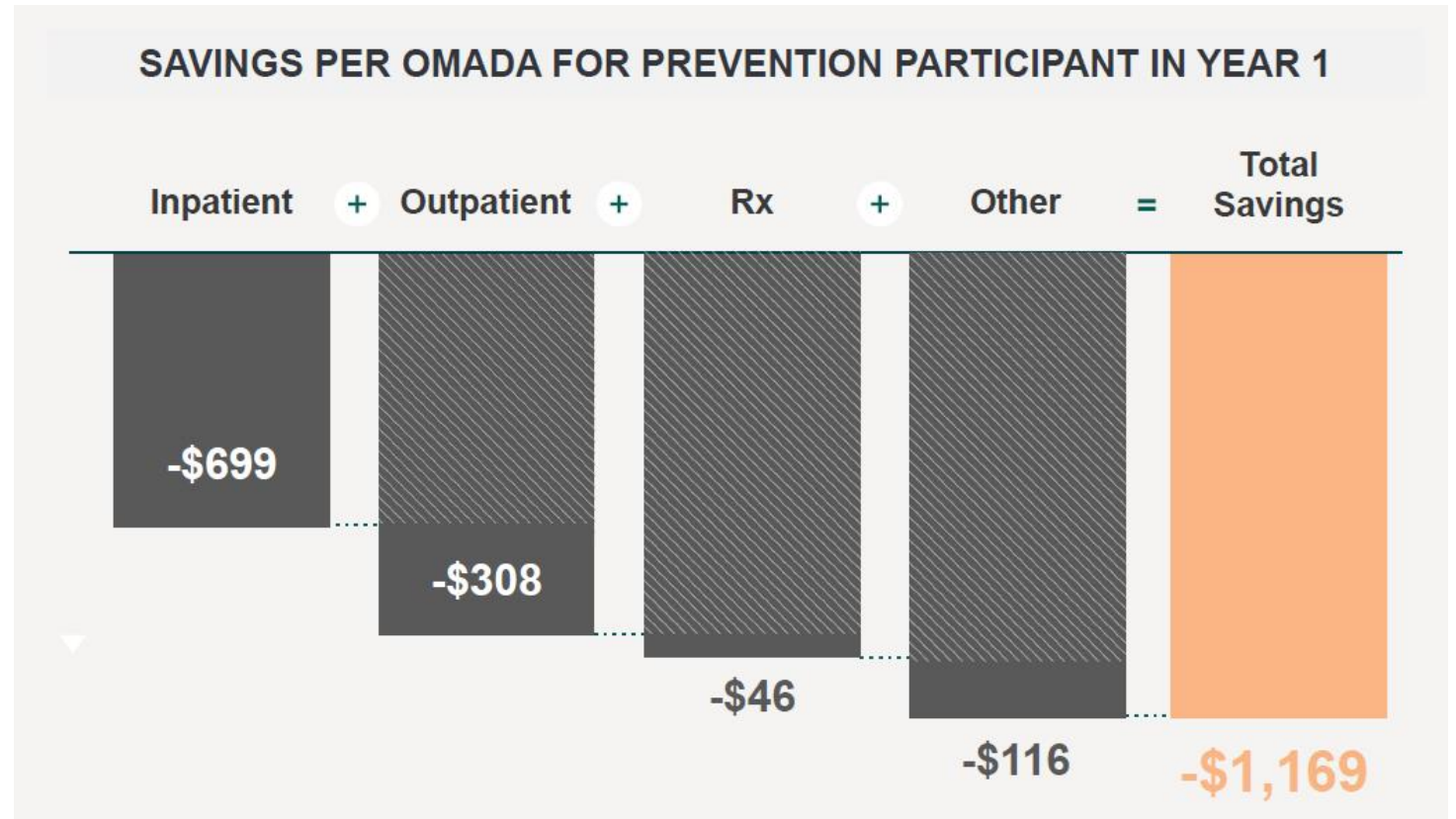
Connected Devices



Lessons

Outcomes

Enrollment Numbers:
Pre-diabetes/prevention-216
Diabetes-366
HTN-341



Thank you!

mcraven@saintlukeskc.org