



Empowering Your Team To Take Charge Of Their Diabetes.

Comprehensive
Diabetes
Management
from Univera
Healthcare

univera[®]
H E A L T H C A R E

Helping members care for their overall health.

Wellbeing is more than physical health. It's taking care of your emotional and financial health, too. At Univera Healthcare, it's our approach to bring people, programs and tools together to care for our members every day. And it means employers and employees enjoy comprehensive care that offers better outcomes, lower costs, and greater peace of mind.

A more integrated care experience to diabetes management is here.


Diabetes is one of the top five chronic conditions in the United States, accounting for more than 20% of all health care spending. The disease also costs employers \$90 billion annually in reduced productivity.¹

As we're seeing today, people with diabetes are also at higher risk for contracting viral infections and having serious complications. That's why we've developed a comprehensive Diabetes Management Program that leverages technology to reach members where they are with the right level of care and support.

How our integrated approach to Diabetes Management works:

- 1** Univera Healthcare Diabetes Care Management Team
- 2** Wellframe® App
- 3** Remote Monitoring





Adults aged
45-65 are about
3x more likely to
get diagnosed with
diabetes than adults
aged 18-44.¹

11.3%
of Americans
have diabetes²

1 *Univera Healthcare Diabetes Care Management Team*

Our on-staff Diabetes Care Management Team coordinates with one another – and our provider network – to deliver the right level of support and guidance to meet each employee's needs.

Pharmacist

Works with the team to ensure safe and appropriate drug therapy while helping to reduce costs.

Health Coach

Motivates the members to use self-care tools and follow their diabetes care plan.

Medical Director

Acts as liaison with physicians and hospitals and is a resource for care managers for complex diabetes management.

Registered Dietitian

Educates members on the role nutrition plays in managing their diabetes and preventing complications.

Licensed Social Worker

Addresses social and economic barriers that may hinder the member's ability to manage their diabetes.

Registered Nurse Care Manager

Provides coordinated diabetes education, support, and coaching to empower members to self-manage and improve quality of life.

2

Wellframe® App

Employees average

49 texts

with care managers
compared to just 4.5
phone calls, and stay
connected longer

\$500-\$2,000+

saved per
Univera Healthcare
member based on risk tier*

Always there to help keep employees' health on track.

When you live with diabetes, being able to reach professional support is essential. That's why all Univera Healthcare members receive FREE access to the Wellframe® mobile app.

Get connected to diagnosis-specific programs

Care Managers connect members with Wellframe programs that best fit their needs. Wellframe offers tailored modules for:

- Understanding Diabetes
- Diabetes Medication Management
- Managing Your Diabetes
- Hypo- and Hyperglycemia
- Good Nutrition/Exercise
- Important Tests and Exams
- Preventing Complications
- Coping Support Resources

All employees can:

- Text with a Care Manager
- Learn more about and manage their condition
- Conduct and track biometric screenings
- Create medication reminders and daily "to-do" lists
- Access educational articles and videos



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Remote Monitoring

A glucose monitor and professional monitoring – free of charge.

We've partnered with Express Scripts and LifeScan to offer Diabetes Remote Monitoring to help eligible members manage their blood sugar levels and prevent long-term complications. The blood glucose monitor and remote pharmacist monitoring are covered in full under your employee's benefit.

How it works



Members are identified for the program by their pharmacy claims history.



Eligible members who opt into the program receive a complimentary Bluetooth-enabled OneTouch Verio Flex® meter from LifeScan.



Blood sugar readings from the meter are tracked through the OneTouch Reveal® mobile app and monitored by diabetes specialist pharmacists at Express Scripts.



The Univera Healthcare care team has access to the member's readings to better support their needs through our Diabetes Management Program.

In partnership with:



EXPRESS SCRIPTS®



Through all stages of life, we'll be there to support your employees.

Employees are brought into our Diabetes Management Program through claims reporting, direct referrals, or by opting in themselves. Engagement level varies by their health status.

More than 1/2 of Hispanic or Latino adults are expected to develop type 2 diabetes in their lifetime leading to higher risk for kidney failure and diabetes-related vision loss. ³

Resources	Diabetic Employee Intervention Levels				
	Generally Healthy	Low Risk	Medium Risk	High Risk	Severe Illness
Wellframe® App	●	●	●	●	●
Univera Healthcare Care Management Team		●	●	●	●
Remote Monitoring			●	●	●



Our team connects all the dots – so your employees can stay one step ahead.



Over time, Maria has struggled
with elevated A1C levels.



Robyn, one of our Care Managers,
reached out to Maria to help
set a goal to improve her blood
sugar control.



We also connected Maria to one of
our on-staff dietitians through the
Wellframe® app and is now engaging
with an on-staff dietitian to change
her eating and exercise habits.
She also has access to the tools
and resources to help her live a
healthier lifestyle.



After just two calls with our Care Manager,
Robyn, Maria now feels equipped and empowered
to reach her goals.

**Discover more ways integrated care is
working for you and your employees at**
UniveraForBusiness.com



“

**I have learned more
during these two calls
than with anyone else
over the years. You are
full of information
and encouragement.
This is a great service.**

”

— Maria,
Univera Healthcare member



¹ Centers for Disease Control and Prevention. (2021, December 29).
Prevalence of both diagnosed and undiagnosed diabetes.

² Centers for Disease Control and Prevention. (2022, January 18). National
Diabetes Statistics Report.

³ Centers for Disease Control and Prevention. (2022, April 04). Hispanic or
Latino people and type 2 diabetes.

*2018 Health Plan data provided by Wellframe®