

Revolutionize the Way Your Employees Manage Their Health



A CLIENT CASE STUDY

How Ochsner Digital Medicine is making a meaningful impact on employee lives through successful chronic disease management and proven outcomes.

The client: A large-scale, geographically spread employer with over 20,000 employees and a participation rate over 25% of eligible patients after 2.5 years.

The problem: Claims analysis determined that disproportionate costs were attributed to plan members with chronic conditions. Additionally, compliance rates with recommended care for these chronic conditions was low, including low medication adherence for maintenance medications to better manage these conditions, particularly high blood pressure and Type 2 diabetes. Unhealthy employee behaviors also reduced worker productivity due to missed workdays. This employer looked to Ochsner Digital Medicine to help manage the chronic conditions of its employee population.

Helping employees take and keep control of their health

- ✓ Ochsner Digital Medicine is offered as a fully covered benefit for this client's employee population for those 18 years or older with a clinical diagnosis of hypertension and/or Type 2 diabetes.
- ✓ There is no cost to the member for blood pressure cuff, glucometer, ongoing supplies or program subscription.
- ✓ Participating members also have access to \$0 copay medications and wellness reward points.
- ✓ There is full leadership buy-in, support and advocacy of the program.
- ✓ The program reaches members where they are with multifaceted communication and proactive outreach to encourage eligible patients to enroll.

"Ochsner Digital Medicine saves you time because you don't have to go to the doctor for readings. You take your readings on the fly wherever you're at – you could be anywhere."

– ROEL M., MEMBER

Proven Outcomes and Lasting Benefits

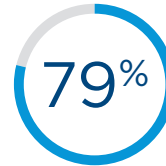
Ochsner Digital medicine allows members the opportunity to get their disease state under control while encouraging healthy behaviors, including regular health maintenance. With full leadership buy-in, support and advocacy of the program, this became the catalyst for program enrollment. Once enrolled, members play an active role in their health, resulting in improved clinical outcomes with lasting benefits.

50% of adults with high blood pressure struggle to control their condition, which can lead to stroke, heart attack, heart failure and kidney damage.

Hypertension

↑ 34%

Increase in blood pressure control (blood pressure <140/90mmHg) among members' after just 90 days in the program.



Members who achieved and maintained blood pressure control after 365+ days in the program.

Type 2 Diabetes

A1C Reduction

↓ 48%

Members who entered the program with an A1C >8% saw an A1C reduction after 180 days.

↓ 2.75%

Average A1C decrease after 180 days from members who entered the program with an A1C >8%.



Members who achieve or maintain A1C control based on individualized goals.

Diabetes Health Maintenance

Diabetes distress, or feeling overwhelmed with daily diabetes care, is a common condition that can lead to unhealthy coping mechanisms and interfere with employees' quality of life.

↓ 29%

Decrease in member-reported diabetes distress (using DDS scale).

↓ 78%

Decrease in hypoglycemic events (blood sugar <70g/dL).

High User Engagement and Retention

Healthier, happier, engaged members are managing their chronic conditions with a program that works with their lives. Members join the program and stay in the program.



3 readings submitted on average per week.



A1C testing compliance

1.24%

Low attrition rate

↓ 12.89

Reduction in systolic pressure

↓ 8.41

Reduction in diastolic pressure



Visit ochsner.org/casestudy to learn how you can minimize the costly burden of chronic disease on your company.

