

# Diabetes remote monitoring with LifeScan OneTouch Reveal®

Solution overview

# Diabetes presents an enormous problem for our healthcare system

Members living with diabetes often have difficulty controlling blood sugar levels, leading to health complications and higher downstream medical costs.

**34M**

adults in the U.S.  
have diabetes<sup>1</sup>

**\$237B**

in direct medical costs  
related to diabetes in the U.S.<sup>1</sup>

**1.5M**

Americans diagnosed  
each year<sup>1</sup>

**\$108.80**

PMPY spend<sup>2</sup>

**37%**

Nonadherence<sup>2</sup>

1. National Diabetes Statistics Report 2020. [CDC](#).

2. Express Scripts Report: Adherence to Diabetes Rx. [Express Scripts Holding Company](#).

# Diabetes remote monitoring with LifeScan

Meaningful data empowers members and enables clinicians to make proactive, tailored interventions



**Bluetooth-enabled  
blood glucose meter**  
for easy testing



**Personalized analytics**  
inform patient health  
tracking and coaching



**Diabetes pharmacists in the  
Therapeutic Resource Center<sup>SM</sup>**  
identify dangerous trends and reach  
out to patients via phone and email

# Why is remote patient monitoring important?

Patients with diabetes often have difficulty controlling blood sugar. Remote monitoring and coaching from diabetes pharmacists can improve blood sugar control, reducing high and low events.

## PARTICIPATING MEMBERS EXPERIENCED:



**6/10** lowered their A1c levels by at least 0.5



**\$83** PPPM total healthcare savings



**36%** drop in **hypoglycemic** episodes

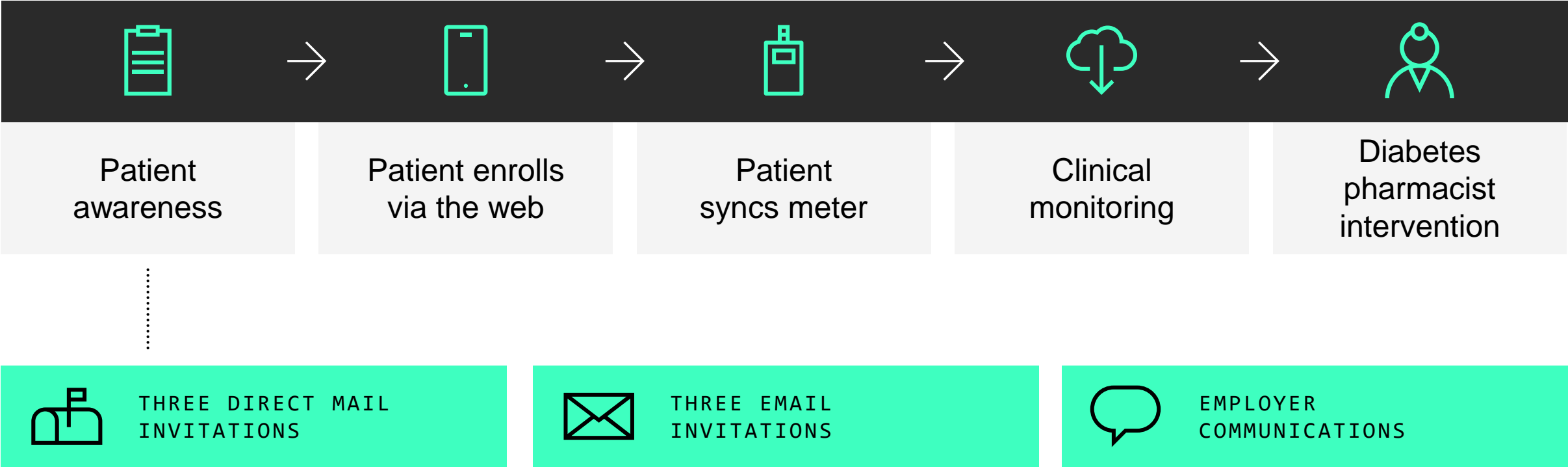


**42%** drop in **hyperglycemic** episodes



*Results are based on the pilot program and may vary based on client.*

# Member experience and awareness



3 mailers and 3 emails over ~5 weeks



# Clinical targeting criteria

Member meets **1 of 3** clinical criteria:

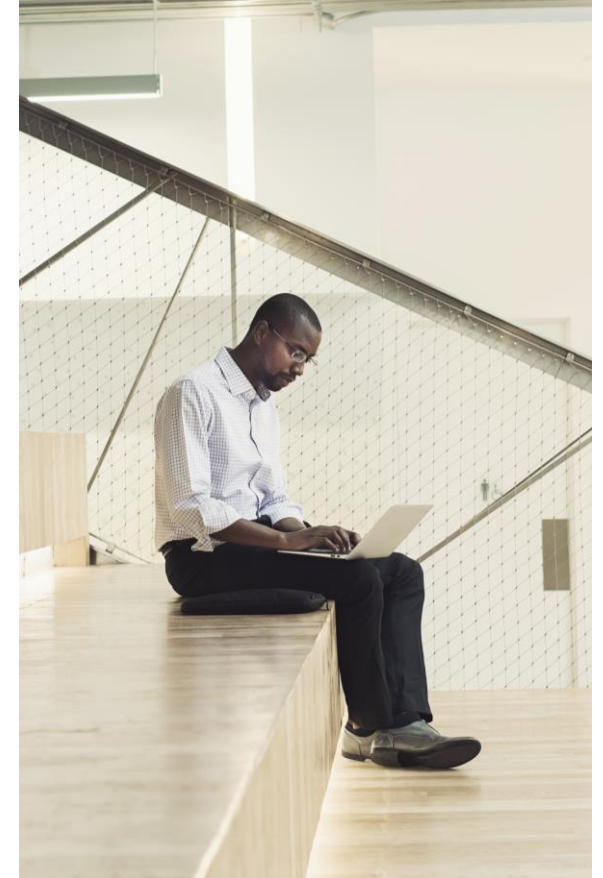
**Metformin**

**Any test  
strip claim**

**Any other diabetes  
medication**

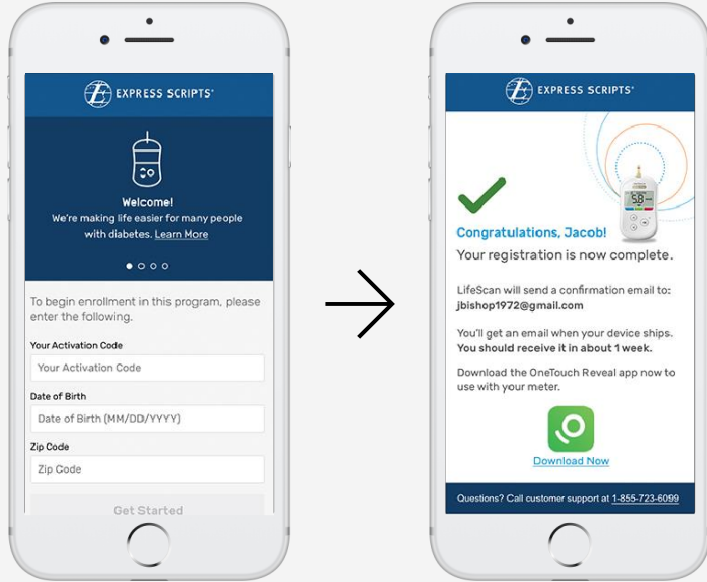


Member becomes eligible for solution



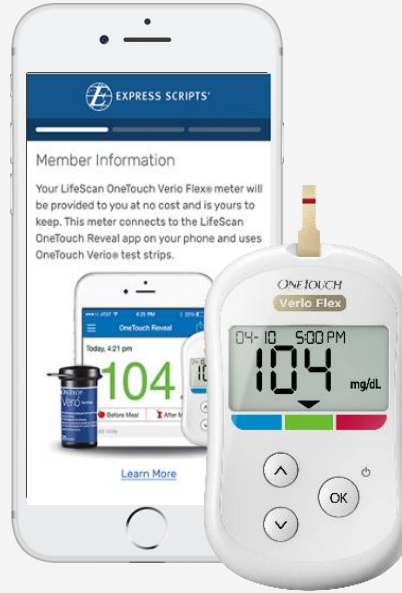
*Members over age 18  
Review claims within past 6 months*

# Getting started



## 01 Members enroll on the web

Complete in less than 3 minutes



## 02 Meter setup

- a) Open Welcome Kit
- b) Pair meter with phone
- c) Begin testing!



## 03 Verio Strip Rx setup

- a) Claims history check
- b) Specially trained Therapeutic Resource Center pharmacist coordinates new Rx

# Clinical monitoring and outreach

Diabetes pharmacists monitor member readings for patterns and trends to provide personalized consults, getting members back in control

+ BLOOD SUGAR PATTERN  
OF HIGHS/LOWS

+ TESTING BLOOD SUGAR  
+ MEDICATION ADHERENCE

+ LIFESTYLE COACHING  
+ MEMBER QUESTIONS

## Low pattern



2 or more readings  
below 60

## High pattern



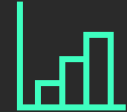
4 or more readings  
above 350

## High morning pattern\*



4 or more initial morning  
readings above 200

## Mixed pattern



4 or more readings above  
350 and/or below 60

Trigger looks back  
over **past 2 weeks**

Trigger looks back  
over **past 4 weeks**

*\*Members will receive no more than 1 outreach within a 4-week period.*



# Tracking readings with One Touch Reveal®



Automatically tracks your readings all in one place



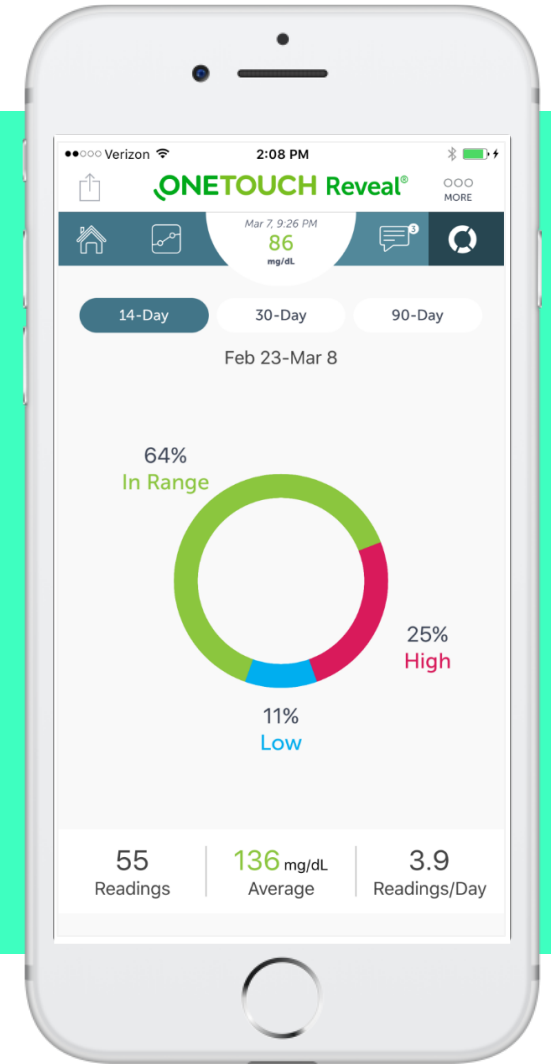
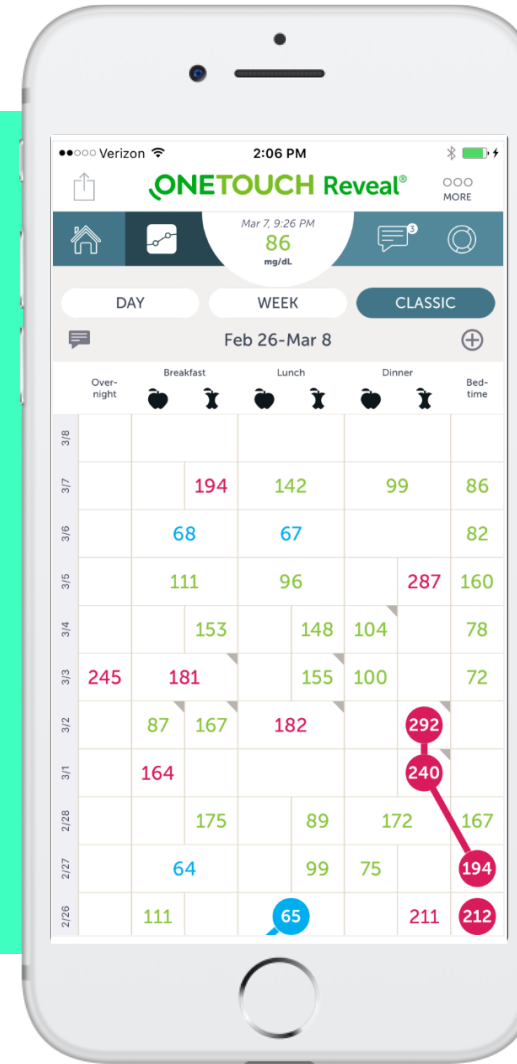
Visibility of a 14-, 30- or 90-day lookback at trend data



Easily share your results with a doctor or caregiver, in addition to your Express Scripts care team\*



Access via mobile app or web portal



\*Text or email individual readings or email a full report