

UNITEDHEALTHCARE®'S DIABETES HEALTH PLAN¹

A Commercial Health Plan Program

Description:

The Diabetes Health Plan (DHP) rewards members with diabetes who routinely follow medically proven steps to help manage their condition, including regular blood sugar checks, routine exams, preventive screenings, and wellness coaching. The goals of the DHP are to help people with diabetes manage their conditions more effectively, control employers' escalating costs in insuring this diabetes population, and delay the progression of the disease in people with diabetes.

Interventions:

The benefit incentives include:

- Some diabetes-related supplies and prescription medications at no charge.
- Lower copayments for related doctor visits.
- Access to online monitoring and education tools at no cost.



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Healthcare costs grew at a 4% slower pace for DHP participants than for employees with diabetes not participating in the DHP.
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Results:

In a 2-year study comparing 620 people with diabetes participating in the DHP with 9,175 people with diabetes not participating in the DHP, UnitedHealthcare examined compliance to 6 diabetes treatment and testing requirements including regular primary care visits and screening tests for blood sugar, cholesterol, cancer, kidney function, and eye disease. The study demonstrated that:

- DHP participants, on average, achieved compliance with 75% of the key requirements vs 61% for people with diabetes not enrolled in the plan.
- The compliance rate of plan participants increased 6% over 2 years.
- 21% of study participants also saw a reduction in their health risk scores (used to measure expected healthcare costs for an individual or a population).

The 2-year analysis included all medical costs for preventive care and treatment, along with payment of financial incentives to plan participants.

Reference: 1. Study: UnitedHealthcare's Diabetes Health Plan can lead to improved health, more effective disease management, better cost control [news release]. Minneapolis, MN: UnitedHealthcare; January 10, 2013. <http://www.unitedhealthgroup.com/newsroom/articles/news/unitedhealthcare/2013/0110uhcstudydiabetes.aspx>. Accessed June 29, 2016.