

Changing Patient Behavior is Key to Controlling Diabetes Cost



Non-adherence to diabetes prescriptions leads to increases in costs and complications

50%

of type 2 diabetics are non-adherent to their prescribed drugs in the first year¹

2x more likely to become hospitalized²

More likely to be diagnosed with a **chronic complication** (retinopathy, neuropathy, nephropathy) within 3-year period³

\$1 IN \$4

healthcare dollars are spent treating diabetes and its complications⁴

Highest costing non-specialty therapeutic class, representing

14% of total drug spend⁵

Elixir's Diabetes Management Solution

is a data-driven, condition-focused program that engages patients, improves adherence and reduces overall healthcare costs



Identify diabetic patients and engage at-risk members via letter and phone outreach



Member opts in: Receives **medication review, health goal assessment, free smart glucometer and counseling** on adherence barriers



Clinicians provide **customized care plans** aligned with the formulary and provide **patient-centric solutions**



Client receives: **quarterly and annual interventions outcomes reporting**



Typical results:

1.3% REDUCTION in average HgA1C

¹ Morello, C. & Hirsch, J. (2017). Strategies for addressing the cost of nonadherence in diabetes. *AJMC*. ² Sokol, M., McGuigan K., Verbrugge R., and Epstein, R. Impact of Medication Adherence on Hospitalization Risk and Healthcare Cost. *Medical Care* 43 (2005): 521-530. ³ Curtis, S., Boye K., Lage, M., Garcia-Perez, L. Medication Adherence and Improved Outcomes Among Patients with Type 2 Diabetes. *Am J Manag Care*. 2017;23(7):e208-e214 ⁴ ADA. The Economic Costs of Diabetes in the U.S. in 2017. ⁵ Elixir Internal Data.

For more ways to improve plan and member outcomes, visit blog.elixirsolutions.com.