

PROJECT TITLE: The Diabetes Health Plan: A System Level Intervention to Prevent and Treat Diabetes

PRINCIPAL INVESTIGATOR AND PROJECT TEAM:

University of California, Los Angeles:

Carol Mangione, MD, MPH – Co-Principal Investigator; O. Kenrik Duru, MD, MSHS – Co-Principal Investigator; Susan Ettner, PhD – Co-Investigator; Tannaz Moin, MD, MBA, MS – Co-Investigator; Dr. Arleen Brown, MD, PhD – Co-Investigator; W. Neil Steers, PhD – Senior Analyst; Lindsay Kimbro, MPP – Project Director; Jinnan Li, MPH – Analyst; Norman Turk, MS – Analyst

KEY PARTNERS/COLLABORATORS:

United Healthcare:

Sam Ho, MD – Chief Medical Officer; Anya Kirvan, RN, MS – Vice President of Innovation; Robert Luchs, MS – Research Director, Clinical and Advanced Analytics; Abigail Keckhafer, MBA, MPH – Senior Healthcare Economics Consultant; Charles Chan, CMA, MS – Senior Healthcare Economics Consultant

DEMOGRAPHIC/GEOGRAPHIC AREA: The Diabetes Health Plan is a nationally offered commercial health insurance plan. It is sold to employer groups who may then offer it to their eligible employees and their dependents.

PROJECT HIGHLIGHTS:

Goals: The Diabetes Health Plan is the first disease specific health insurance plan to offer enhancements to an eligible member's standard plan. The goal of the Diabetes Health Plan is to decrease disease progression among persons with either diabetes or prediabetes.

Study Aims:

- 1) Implement a rigorous evaluation of the health, behavioral, and economic consequences of the new Diabetes Health Plan.
- 2) Track implementation and participation rates to determine whether participating is associated with:
 - Lower rates of progression to diabetes, among patients with prediabetes.

- Better control of cardiovascular risk factors among patients with diabetes and prediabetes.
- Better adherence to diabetes-specific preventive services among patients with diabetes.
- Lower total costs (patient + health plan) among patients with prediabetes and diabetes.

Study Design: Evaluate the Diabetes Health Plan based on its:

- **Reach¹:** Measured by the proportion of eligible employer groups who purchase the Diabetes Health Plan and proportion of diabetic/prediabetic patients who join it.
- **Effectiveness:** Focuses on the intensity of care and tracking the progression to diabetes among those with prediabetes as well as a comparison of common lab tests such as HbA1c and LDL-c.
- **Adoption:** Measured by annual tracking of the proportion of employer groups who purchase the DHP and the proportion of employees who participate.
- **Implementation:** Will be measured by tracking which of the services offered in the Diabetes Health Plan, such as decreased copays for medications and physicians visits, are used most by those with prediabetes and diabetes.
- **Maintenance:** Measured by tracking the employers who continue to offer the Diabetes Health Plan as well as the employees who remain in the Diabetes Health Plan.

POTENTIAL IMPACT:

Health Insurance Providers/Healthcare Providers may use the results of this analysis of the Diabetes Health Plan (DHP) to determine whether investing in a disease specific health insurance plan would be beneficial to their population. The DHP encourages individuals with diabetes and insurance members to receive recommended diabetes related care in order to decrease the estimated \$153 billion higher medical costs that is associated with the diabetes epidemic. The plan works to ease the financial burden, including medications and doctor visits, from the patient during preventative and maintenance care in order to help them better their health and decrease their overall medical costs.

Policy partners

The Diabetes Health Plan offers a new strategy to encourage diabetic patients to receive recommended diabetes related care in order to mitigate the health risk factors associated with diabetes including heart attack, strokes, renal failure, vision loss, and even death. These factors can often disproportionately affect minorities and those of lower social-economics position. The Diabetes Health Plan works to ease the financial burden, including medications and doctor visits, from the patient during preventative and maintenance care in order to help them prevent complications and decrease their overall medical costs in the long run. Health Policy makers may be interested in this innovative approach to insurance design related to the

prevention and management to diabetes and may use these result to develop or encourage development of similar programs.

Employers

The Diabetes Health Plan offers a new strategy to encourage diabetic employees to receive recommended diabetes related care in order to decrease the estimated \$153 billion higher medical costs and \$65 billion in reduced productivity that is associated with long-term complications from diabetes. The plan works to ease the financial burden, including medications and doctor visits, from the employee during preventative and maintenance care in order to help prevent long-term complications and to create a happier and healthier workforce.

Patients/general public

The Diabetes Health Plan offers a new strategy to encourage diabetic patients to receive recommended diabetes related care in order to long-term complications such as heart attack, strokes, renal failure, vision loss, and even death. The plan works to ease the financial burden, including medications and doctor visits, from the patient during preventative and maintenance care in order to help them better their health and decrease their overall medical costs. Patients may be interested in these results and may use them to help determine whether they should enroll in such a plan or to encourage their employer to offer it.

CITATION:

¹ Glasgow, R. E., T. M. Vogt, and S. M. Boles. "Evaluating the Public Health Impact of Health Promotion Interventions: The RE-AIM Framework." *American Journal of Public Health* 89.9 (1999): 1322-327.

FOR MORE INFORMATION: go to an [article about this study](#) in *Preventing Chronic Disease*.