



Personalized coaching leads to better care

A 64-year-old man was concerned about his high fasting blood sugar readings in the morning.



Challenge

The patient was taking his insulin once daily, in the mornings, and was not missing doses yet he had a pattern of high morning readings. His daytime readings were much closer to his target range.

Specialized Interaction

- Remote Monitoring identified pattern of high morning readings
- Therapeutic Resource Center™ pharmacist outreach to patient, concerned the insulin may not last a full 24 hours
- Suggested the patient:
 - Speak to doctor about twice daily injections
 - Try a longer acting insulin

Outcome

- After the patient talked with his doctor, he started on longer acting insulin
- **Reduced blood sugar spikes and true 24 hour coverage**, reducing his risk for nerve and kidney damage, blindness, and joint problems



8.7% drop in hyperglycemic episodes

Hyperglycemia is high blood sugar and happens when the body has too little insulin or can't use insulin properly, leading to nerve damage, kidney disease, vision loss, and other serious conditions.



Challenge: Members living with diabetes often have difficulty controlling blood sugar levels, leading to health complications and higher downstream medical costs. Diabetes Remote Monitoring offers a proven solution for better outcomes.

Personalized Solution

- Cellular enabled glucometer syncs to mobile and desktop apps and allows for real time transmission of glucose values independent of internet access
- One on one coaching from certified diabetes educators help members **make healthier decisions**

Member outcome after two months of enrollment

- Hyperglycemic episodes per 1,000 readings **decreased 8.7%¹**, lowering members' risk of emergent health needs.
- Results of an economic analysis show **\$13,546 in savings for every person with** diabetes whose treatment is adjusted to individual needs over their lifetime in comparison to uniform treatment.²

¹ Livongo internal data, 2019

² Laiteerapong N, Cooper JM, Skandari R, et al. Individualized Glycemic Control for U.S. Adults With Type 2 Diabetes: A Cost-Effectiveness Analysis. Ann Intern Med. 2017. Available at: <http://annals.org/aim/article-abstract/2665902/individualized-glycemic-control-u-s-adults-type-2-diabetes-cost>. Accessed June 2020.

Long acting insulin

64 year old patient was concerned about his high fasting blood sugar readings in morning.

Recently increased dose of insulin

Was not missing doses

Daytime readings were closer to target range

Specialized Solution

- Remote Monitoring identified pattern of high morning readings
- Steve identified insulin was being taken once daily
- Recognized the insulin may not last a full 24 hours
- Steve educates patient:
 - Uncontrolled blood sugar can lead to vision, kidney, and nerve complications
- Suggested the patient:
 - Speak to doctor about twice daily injections
 - Try a longer acting insulin

Patient Results

- Adherent to diabetes regimen
- Started on longer acting insulin to reduce blood sugar spikes



TRC Pharmacist Steve

Remote monitoring empowers patients to better control their diabetes by combining a connected glucose meter and personalized coaching with diabetes specialists.