



# Unlock the power of *connected care*

Diabetes is one of your company's biggest health care cost drivers. Connecting your employees' medical plans with their dental, vision and disability plans can help control costs and improve their quality of life.

## The impact of diabetes

A diabetes diagnosis dramatically changes the quality of life for your employees and their families. And there's also the financial burden for families and for society at large:

**>30 MILLION**  
Americans are living with diabetes<sup>1</sup>

**\$237 BILLION**  
a year in diabetes-related medical costs<sup>1</sup>

**84 MILLION**  
have prediabetes, a serious health condition that can increase their risk of chronic diseases<sup>1</sup>



## Improving health through *better connections*

**Integrated Health Care** is about whole-person health. It makes connections between the medical plan and dental, vision and disability plans, so doctors and care managers have a more complete view of each employee's health. This means:

- Doctors can catch and treat problems earlier and close gaps in care.
- Employees are more engaged with their care providers.
- Care is better because everyone is on the same page.

**The result? Better health outcomes, lower costs and a better care experience.**

At no additional cost to employers, **Integrated Health Care** drives cost savings. The more benefits that are integrated, the more complete the view and the savings will be.

## The dental and diabetes connection

**47%** of American adults suffer from periodontal (gum) disease<sup>2</sup>

Diabetes is better managed with good oral health<sup>3</sup>

Patients with diabetes can get extra dental support by automatically enrolling in extra services like cleanings and exams.

Patients with diabetes who treat their gum disease have:

**39% FEWER**  
hospital admissions<sup>3</sup>

**40% LOWER**  
medical costs<sup>3</sup>

## The vision and diabetes connection

**\$48 BILLION LOST**  
in productivity each year due to vision issues<sup>4</sup>

**20% HIGHER**  
medical costs for patients with diabetes who don't use their comprehensive vision benefit<sup>4</sup>

**DIABETIC RETINOPATHY**  
is the leading cause of blindness among working-age Americans<sup>5</sup>

During a routine eye exam, an eye doctor may be the first to detect diabetes. When vision and medical plans are connected, vision claims that identify diabetes may trigger a referral to care managers. This early intervention helps employees get the care they need sooner – often resulting in better outcomes.

**32,000 DIABETICS**  
were identified by a leading insurance carrier via vision exams<sup>6</sup>

## The disability and diabetes connection

**\$90 BILLION**  
a year in lost productivity for employees with diabetes<sup>7</sup>

Employees with diabetes are nearly **2.5X MORE LIKELY** to report work limitations than those who don't have diabetes<sup>8</sup>

Disability case managers and nurse care managers work together to create stay-at-work or return-to-work programs to fit each employee's unique needs. Disability claims for employees with diabetes may trigger a referral to care managers for more support.

**25% LOWER**  
medical costs when members with disability claims engage with a nurse care manager<sup>9</sup>  
That's \$8,000 in savings

## The connections make a difference

Care alerts and clinical communications to members, doctors and care managers make a big impact, closing gaps in care and helping employees return to work sooner.

# Integrated Health Care. Better health. Lower costs. Better member experience.

To learn more, talk to your producer or insurance carrier representative or visit [www.specialtybenefits.info/ihc](http://www.specialtybenefits.info/ihc).

1 Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion: Diabetes and Prediabetes (March 11, 2019): [cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm](http://cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm).  
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3 Jeffcoat MK et al., "Impact of Periodontal Therapy on General Health: Evidence From Insurance Data for Five Systemic Conditions," *American Journal of Preventive Medicine* 47, no. 2 (August 2014): [ncbi.nlm.nih.gov/pubmed/24953519](http://ncbi.nlm.nih.gov/pubmed/24953519).  
4 National Opinion Research Center, University of Chicago for Prevent Blindness America: *Cost of Vision Problems: The Economic Burden of Vision Loss and Eye Disorders in the United States* (June 11, 2013): [norc.org](http://norc.org).  
5 All About Vision: *Diabetic Retinopathy* (October 2017): [allaboutvision.com](http://allaboutvision.com).  
6 Anthem internal data, 2018.  
7 American Diabetes Association: *The Cost of Diabetes* (January 30, 2019): [diabetes.org](http://diabetes.org).  
8 American Diabetes Association: *The Impact of Diabetes on Employment and Work Productivity: Diabetes Care* (November 2005): [care.diabetesjournals.org](http://care.diabetesjournals.org).  
9 All conditions, not just diabetes. Anthem and its affiliated companies, Productivity Solutions Quantifying Value Study, 2015.