

A VIRTUAL DIABETES CARE MODEL TO IMPROVE SELF-MANAGEMENT: AN EMPLOYEE WELLNESS PROGRAM CASE STUDY

BACKGROUND

A large Midwestern hospital system wanted to offer a virtual care diabetes support program for team members and spouses/partners enrolled in their medical plan. The objectives for this Healthy Living Support program were:

- 1. Increase participant engagement and overall well-being
- 2. Improve clinical outcomes by closing gaps in care
- 3. Increase medication taking and education
- 4. Improve weight/BMI and glycemic goals

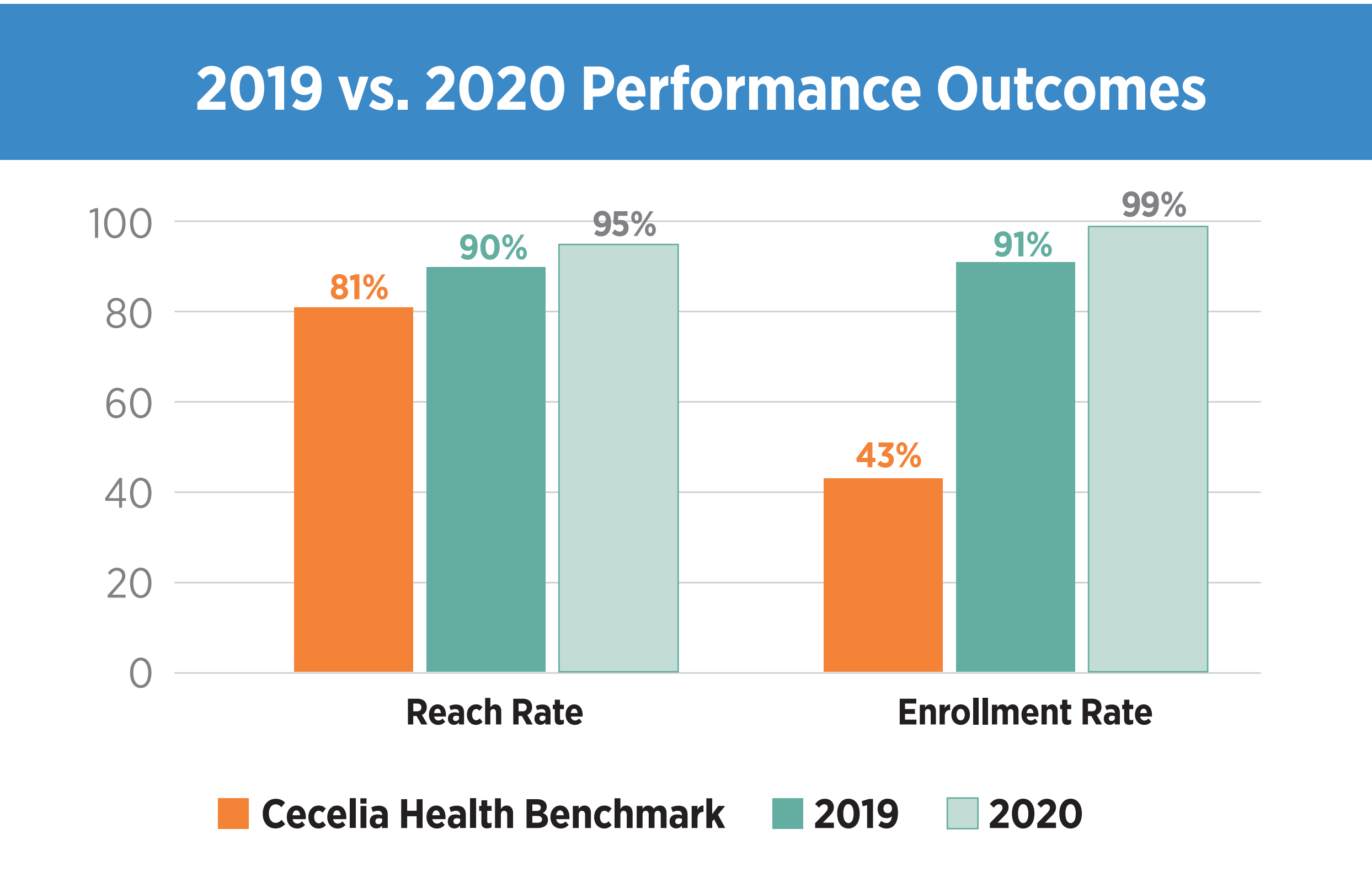
PROGRAM

The Healthy Living Support program focusing on diabetes was made available to individuals who met the following criteria: active diagnosis of Type 1, Type 2, or gestational diabetes, and a BMI outside of healthy range (18.5-24.9 kg/m2), as measured through an annual Healthy Living screening.

Participants received one-on-one diabetes education and clinical support from a dedicated Cecelia Health CDCES including personalized diabetes management plans augmented by proactive outreach, motivational interviewing, and the use of SMART goals. Participants were also provided full access to the Glooko user app to track and monitor diabetes-specific behaviors such as food intake, medication, and activity levels.

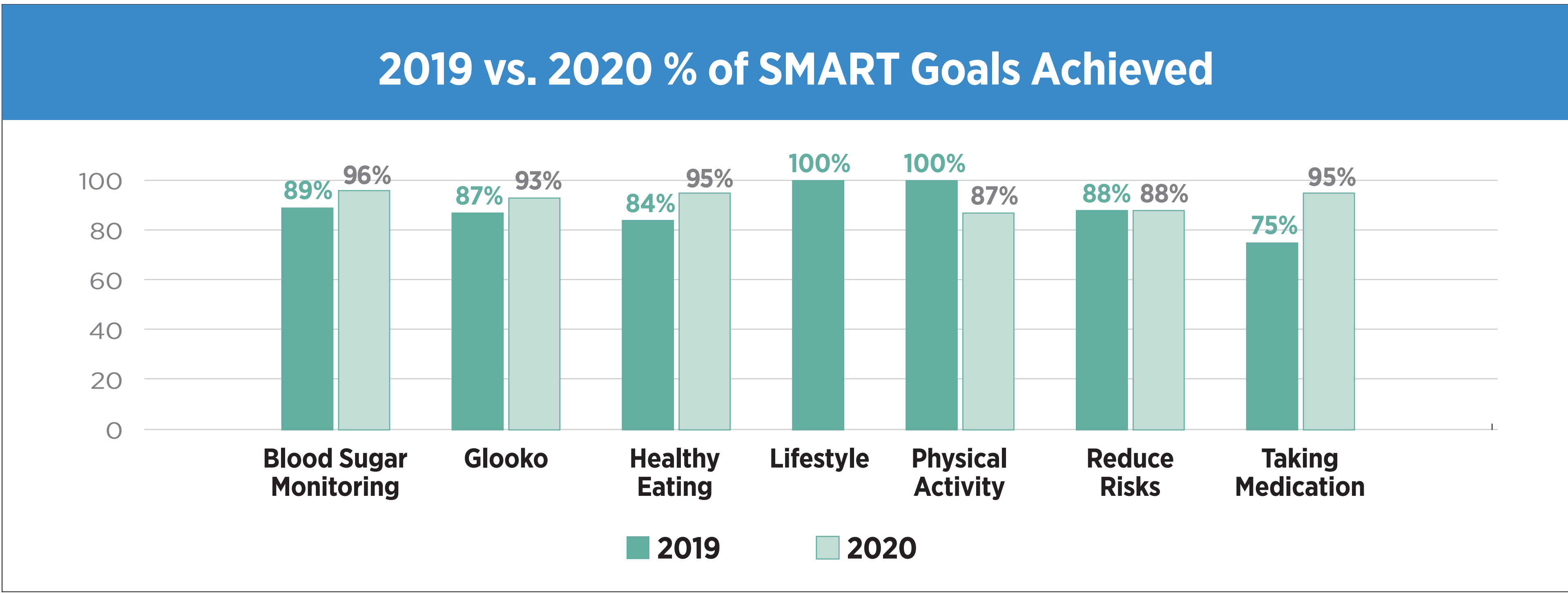
PARTICIPATION

Outcomes for 58 participants enrolled in 2019 and 126 participants enrolled in 2020 were provided. Participant engagement and motivation to participate in a virtual diabetes health education and support program were very strong. Enrollment rates for years 2019 and 2020 exceeded Cecelia Health success benchmarks by 48% and 56%, respectively.

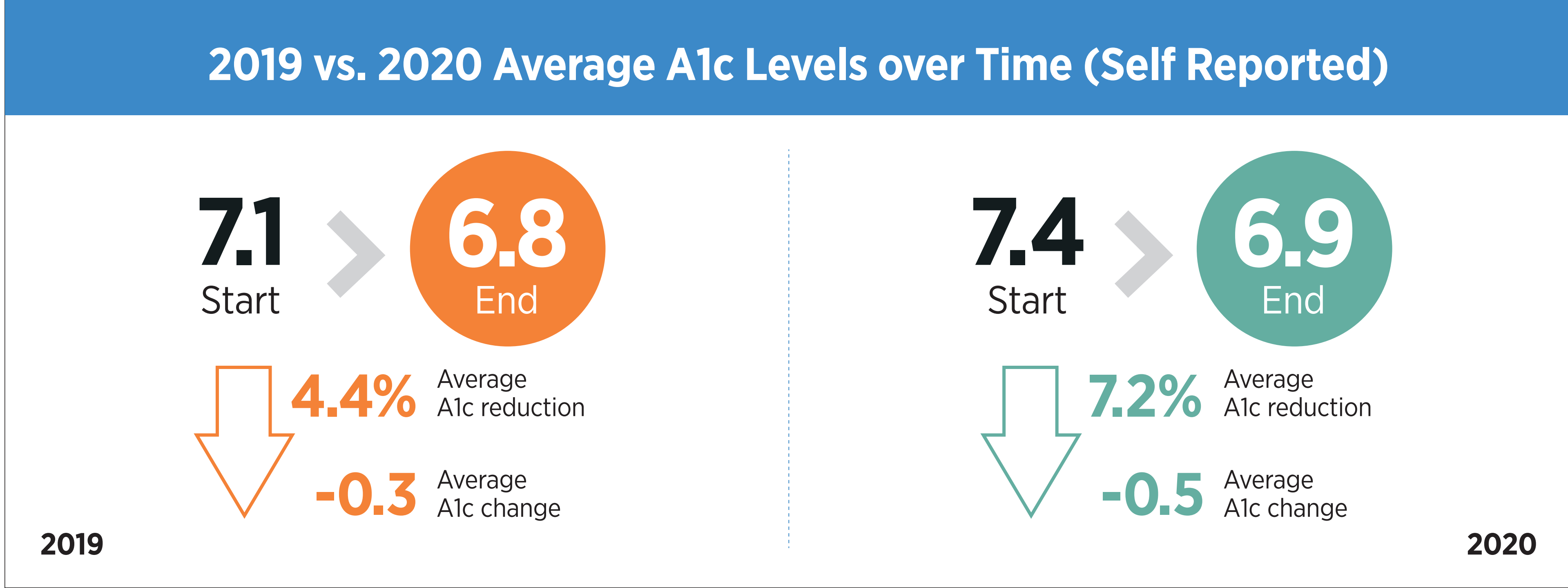


OUTCOMES

Participants showed good engagement within the Glooko app. Participants had approximately 80 syncs per month with the Glooko app. This direct syncing provides real time information to the user and the CDCES and can optimize the personalization of the diabetes management program.



Glycemic outcomes from the Healthy Living Support Program were also positive. Participants who used the Glooko app demonstrated 78% in-range readings which suggests improved glycemic stability.



Glooko is a diabetes management solution that allows care teams and PWDs access to a comprehensive view of all their diabetes data via an easy-to-use mobile and web application. Glooko enables customers to sync data from over 250 devices, including BG meters, pumps and CGMs, and other health and wellness devices such as activity trackers, blood pressure monitors, and scales.



Cecelia Health offers a comprehensive virtual care platform that enables expert clinicians to deliver personalized support to people living with chronic illness at scale. Their proactive approach is proven to elevate positive self-management, drive behavior change, and improve health outcomes.