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NEW DATA SHOWS OPTIMA HEALTH HELPS EMPLOYERS SUPPORT TYPE 2 DIABETES PREVENTION AND EQUIPS EMPLOYEES WITH SELF-MANAGEMENT TOOLS PROMOTING EMPLOYEE WELLNESS

Diabetes-Related Services Report 60 Percent Health Improvement and 22,000 Pounds of Weight Loss

Virginia Beach, VA (March 22, 2021)—New data from Optima Health shows the effectiveness of diabetes prevention and management tools in employer-sponsored health plans, for employers and employees. The stakes are high: more than 30 million Americans have diabetes, and another 84 million adults have prediabetes. And, a recent study by the American Diabetes Association found that the estimated cost of diagnosed diabetes is \$327 billion, including \$30 billion in indirect costs due to increased absenteeism and reduced productivity while at work. Fortunately, including high-quality diabetes prevention and management services in employer-based plans can help. In fact, Optima Health is now reporting outcomes including 60 percent improvement on personal management of diabetes, 54 percent reduction in stress about side effects and cost of diabetes medication, and an average of 75 pounds of weight loss per person engaged in diabetes prevention services.

“Diabetes is a serious workforce issue. Optima Health is helping employers protect their employees, and in turn, their bottom line. We do this by offering group plans with benefits that truly empower employees to reduce their risk of developing type 2 diabetes,” said John DeGruttola, Senior Vice President of Sales and Marketing. “We have found that services such as virtual clinics, online coaching and access to wellness information positively impacts the health of employees and family members, thus providing healthcare cost savings for companies.”

By connecting prevention and disease management tools to employee benefits, Optima Health provides support to inspire employee wellness and ultimately helps reduce workforce costs associated with diabetes care.

Step 1: Offer employees tools to prevent diabetes

First, looking at diabetes prevention, Optima Health delivers several programs designed to help members who are pre-diabetic, meaning their blood sugar levels are higher than normal but not yet high enough to be diagnosed with type 2 diabetes.

The Omada® Prediabetes Program is a preventive program for eligible Optima Health members, including employees enrolled in commercial plans as well as other members. This online weight loss program includes weekly lessons, a professional health coach and an online support group. In 2020, The Omada Prediabetes Program helped 3,000 participating members lose over 22,000 pounds.

“Prediabetes is a wake-up call, but it’s not too late to turn things around, even in a pandemic,” noted Terrina Thomas, Director of Health & Preventive Services at Optima Health.

She added, “While COVID-19 has changed the delivery of some of our programs, we continue to identify members who might be at risk and get them treatment before prediabetes turns into type 2 diabetes. We employ digital tools and talented staff to provide our members with early detection and personalized treatment options.”

While COVID-19 prevented nursing teams from offering these programs in person, Optima Health created a series of monthly webinars on topics such as weight-loss and cholesterol and shared those with members. To date, more than 1,900 members have attended 27 webinars.

Step 2: Support employees who have diabetes with better care management

As for employees who already have type 2 diabetes, a robust health plan can help reduce complications. Optima Health is doing just that through the recent launch of the Onduo Virtual Diabetes Management Program, a new service for employer-sponsored plan members and Medicare members with type 2 diabetes. The Onduo Virtual Diabetes Management Program is a smartphone-based virtual care program that supplements members’ primary care visits by offering remote lifestyle coaching and support from certified diabetes care and education specialists, supplying members with blood glucose monitors, test strips and A1C kits to monitor glucose levels, and offering telemedicine access to Onduo endocrinologists.

“When a member receives a diagnosis of diabetes, our care team steps in to help that member reach their health goals and put the brakes on diabetes complications,” said Tamika Lane, Director of Clinical Care Services at Optima Health. The Onduo program was tested in a successful 1-year pilot with Optima Health members. As of December 2020, employees with an A1c >9.0% upon enrollment had an average reduction in A1c of 2.8% when using continuous glucose monitoring (CGM). Members who did not use CGM still had an impressive 1.3% decrease in A1c. Overall, 56 percent of members reported improvement in how they rate the importance of their medications. In addition, 76 percent of members who initially reported high levels of distress around diabetes management saw improvement.

“Employers see their employees as part of a bigger family and care about them. A healthy workforce is better engaged with their responsibilities and colleagues, has higher satisfaction, and ultimately, delivers better business results,” explains DeGruttola. “By offering member benefits to help prevent or manage chronic conditions including diabetes, we are upholding our commitment to improve the health of the communities we serve.”

For more information about Optima Health, visit [optimahealth.com](https://www.optimahealth.com).

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About Optima Health

Optima Health, based in Virginia, provides health insurance coverage to more than 560,000 members. With more than 35 years of experience, Optima Health offers a suite of commercial products including consumer-directed, employee-owned and employer-sponsored plans, individual health plans, employee assistance programs and plans serving Medicare and Medicaid enrollees. Its provider network features approximately 35,000 providers including specialists, primary care physicians and hospitals across Virginia. Optima Health also offers programs to support members with chronic illnesses, customized wellness programs and integrated clinical and behavioral health services, as well as pharmacy management—all to help members improve their health every day. The company’s goals are to provide better health, be easy to use and offer services that are a great value. Optima Health is a service of Sentara Healthcare. To learn more about Optima Health, visit www.optimahealth.com.