

Our new approach treats the whole person, not just the disease.

CHRONIC CONDITION SUPPORT

For groups on a self-funded Premera medical plan

Six in ten adults are living with a chronic condition in the United States¹. Of those living with a chronic condition, 91 percent of them say they need more help managing their condition². Often the stress and cost of daily management is overwhelming and filled with hassles. Premera is about to change that.

Treating the person, not the disease

Premera offers a comprehensive chronic condition support program. This program supports your employees who are at risk of developing diabetes, those who are working daily to manage their condition, and those who are managing hypertension. The program provides solutions to make healthcare simple and easy. It's just another way Premera is making healthcare work better for your employees.

Chronic condition support goes beyond just diabetes care

Going beyond diabetes prevention, you can opt in to our full chronic condition support program or you can just opt in to preventive diabetes or hypertension and diabetes management, depending on what helps your employees the most.

The full chronic condition support program includes:

- Diabetes management
- Diabetes prevention
- Hypertension management

Our chronic condition support program helps your business by offering your employees:

- Personal health support from expert coaches
- Management and strategy support
- Connected technology that deliver real-time results and remote monitoring
- Continuing educational content support

¹National Center for Chronic Disease Prevention, Centers for Disease Control and Prevention, 2018.

²Strengthening Chronic Care West Chronic Disease Report. 2017.

Breaking it all down

SEE THE FEATURES OF EACH PROGRAM

Diabetes Prevention

Our preventive diabetes program helps those at risk of developing diabetes to create new healthy lifestyle behaviors.

Through this 12-month digital program, your employees will be coached by experts on how to make everyday changes to their current lifestyle behaviors and work toward reversing their risk of diabetes long-term.

Tools included in this program:

- Messaging and live one-on-one expert coaching
- An app that logs and tracks results
- Health summaries to help educate and offer positive reinforcement
- Community support from other participants
- Five-day challenges that promotes long-term lifestyle habit changes

Hypertension Management

This program makes monitoring blood pressure easy. Your employees can compare their blood-pressure readings over time, schedule a call with a health coach, and share their results with family, friends, or healthcare providers.

Each program participant gets a cellular-connected blood pressure monitor.

- Members also have access to unlimited, live, one-on-one expert coaching.
- Through the connected app, members can get high-blood-pressure alerts and access real-time insights and interpret trends.
- The monitor allows blood pressure readings to be taken anywhere and automatically uploads the data. No Wi-Fi or Bluetooth connectivity is needed.

Diabetes Management

Premera understands how hard managing diabetes can be. That is why our diabetes management program focuses on taking away the daily stress and hassle of managing the chronic condition.

We make diabetes management work better for your employees through:

Cellular-enabled blood glucose meter

These bright and accessible touchscreen meters make it easy to see health data in one convenient place. Participants receive real-time analytics and feedback based on the current readings. Data is stored in the cloud. No Wi-Fi or Bluetooth connectivity is needed.

Real-time analytics

The program's analytic tools capture all readings and make it easy to track or share data with providers. They also help share trends over specific periods of time and create immediate insights for long-term planning.

Expert coaching available

Expert coaches are available 24/7. Employees can customize their notification levels. When their blood glucose reading is out of range, our coaches will contact them within three minutes to help them manage their blood sugar back into target range. Friends and family can also play a key role by opting in to receive a text or email when blood glucose readings are out of target range.

Free unlimited supply of test strips

Test strips are automatically shipped when supplies are running low. Based on a participant's testing pattern, the cellular-enabled meter knows when they are down to a 20-day supply. Once that happens, the member is prompted on their meter to have supplies sent directly to their door.