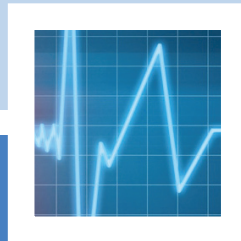


JoslinCPR™

Cardiometabolic Program Review for Self-Insured Employers

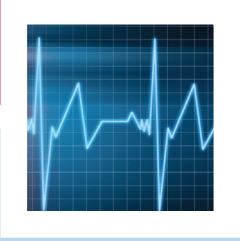


JoslinCPR helps employers enhance employee and dependent health and reduce the burden of healthcare costs.

For more information about the Joslin Cardiometabolic Program Review or other programs for employers, please call 617-309-5803 or email cpr@joslin.harvard.edu.



The JoslinCPR program grew from three key observations:



Employers are frustrated.

Healthcare expenses are increasing at staggering rates. When health conditions are not well-managed, absenteeism rises, productivity declines, and medical expenses multiply.

Joslin can help.

JoslinCPR is a comprehensive, systematic assessment of an employer's existing resources, gaps and options for the care of employees' cardiometabolic conditions — including obesity, diabetes, pre-diabetes and related conditions.

1 THE BAD NEWS:

The burden of diabetes and related conditions is huge and growing.

Cardiometabolic conditions and risk factors — notably diabetes and heart disease — generate significant costs. On average, healthcare expenditures for people with diagnosed diabetes are more than double what those expenditures would be in the absence of diabetes.

2 THE GOOD NEWS:

People with diabetes are living longer and healthier lives than ever before.

Advances in care, particularly those focusing on blood pressure, lipids, and A1C, make a measurable difference. Control of blood pressure and cholesterol reduces the risk of heart disease and stroke significantly. Every one point drop in A1C reduces the risk of eye, kidney, and nerve damage by 40%. Early detection has been shown to reduce the occurrence or severity of these complications.

3 THE OPPORTUNITY:

Despite so many advances in care, large gaps exist between what has been shown to be effective and what is presently achieved.

The last US national survey showed that while the number of people meeting A1C, blood pressure and LDL cholesterol targets has increased over recent years, only 12% of American adults with diabetes attain optimal management of all three of these key measures. Implementing proven strategies that can prevent or delay the onset of disease can reduce the risk of complications and lead to improvements in outcomes.

Joslin identifies missed opportunities.

Whether due to lack of knowledge, patient adherence challenges, clinical inertia, or systems problems, Joslin can identify the gaps and the reasons behind them — and then develop a customized, real-world, actionable plan.

“JoslinCPR helps self-insured employers optimize the opportunity and close the gaps.”

— **Richard Jackson, MD,**
Director of Medical Affairs,
Joslin Healthcare Services
Assistant Professor of Medicine,
Harvard Medical School.

How does JoslinCPR work?

A CUSTOMIZED APPROACH

Joslin experts will tailor a program to:

- Inventory the employer's covered lives with cardiometabolic conditions, using claims data, pharmacy data, and other available data sources
- Review patterns in hypertension, dyslipidemia, pre-diabetes, diabetes, and related conditions
- Identify existing health and prevention resources and services, and assess their reach and effectiveness
- Identify value-based design opportunities and provide input on benefits strategies for maximum impact
- Develop a menu of actionable recommendations customized to the employer's unique needs, capabilities and resources
- Describe the expected impact of implementing the selected program elements
- Recommend approaches to evaluate outcomes with targeted measurement and tracking

A MEANINGFUL IMPACT

Implementing Joslin's recommendations will not only help employees attain or maintain good health, but will also improve productivity and help manage health costs, through:

- Reaching out to those with cardiometabolic conditions to prevent or delay the onset of cardiovascular disease, diabetes and complications
- Supporting those with diagnosed diabetes to better manage their disease, reducing risks of complications
- Identifying those with undiagnosed diabetes early so that severe and costly complications can be prevented or delayed

**The Joslin
Cardiometabolic
Program Review
for employers is a
comprehensive
assessment of an
employer's needs,
existing resources,
gaps, and options
to address the gaps.**



About Joslin Diabetes Center

Joslin Diabetes Center is the world's preeminent diabetes clinic, diabetes research center and provider of diabetes education. Joslin is dedicated to ensuring that people with diabetes live long, healthy lives and offers real hope and progress toward diabetes prevention and a cure for the disease. Founded in 1898 by Elliott P. Joslin, M.D., Joslin is an independent nonprofit institution affiliated with Harvard Medical School. For more information about Joslin, call 1-800-JOSLIN-1 or visit www.joslin.org.

OTHER JOSLIN PROGRAMS FOR EMPLOYERS

Joslin offers additional services and products to support employers' efforts to improve the health of their employees and their dependents.

- Joslin's four-day **DO IT™** (Diabetes Outpatient Intensive Treatment) program creates a unique, patient-centered plan for state-of-the-art medical care, education and aggressive prevention and management of complications.

People who went through DO IT improved their A1C results, on average, by almost 1.5 points, and those with the greatest risk of complications reduced their A1C results an average of 2.75 points in the first 3 to 6 months. In the first year after attending the program, the number of their emergency room visits and hospitalizations was cut in half, and the time lost from work was reduced by 43 percent. Learn more at www.joslin.org/doit.

- Joslin's comprehensive materials for patient education include printed booklets and books, interactive online programs, and mobile apps, and can be purchased off-the-shelf or developed and licensed as customized resources. To learn more, call 617-309-5815.



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Joslin experts know:

- how to collaborate effectively with partners to make a measurable impact
- what works in chronic disease management, and how to effect patient empowerment and behavior change
- what approaches don't work

JoslinCPR analyzes each unique employer situation and based on the data, the evidence and the options, identifies and customizes what will work best.

