

# Fewer Major Medical Claims



Reduce Medical Costs With TrueLifeCare

Diabetes is a complex condition that can be difficult to manage and control. It can put those who have it at higher risk for a host of other serious health issues and long-term complications. In fact, adults with diabetes are three times more likely to end up in the hospital while also having greater potential for major medical claims where costs exceed \$100,000. Persons with diabetes will more than likely experience longer than average hospital stays with an increased risk for infections because:

- Higher glucose (sugar) levels decrease the immune system's ability to fight off infections
- The circulatory system becomes less efficient over time, meaning blood cannot deliver the oxygen and nutrients needed to keep body tissue healthy
- Peripheral neuropathy can occur, making it easier for wounds on the feet to develop, worsen and become infected

The difference is significant. Adults with diabetes in employer health plans have a higher incidence rate of incurring a major medical claim.

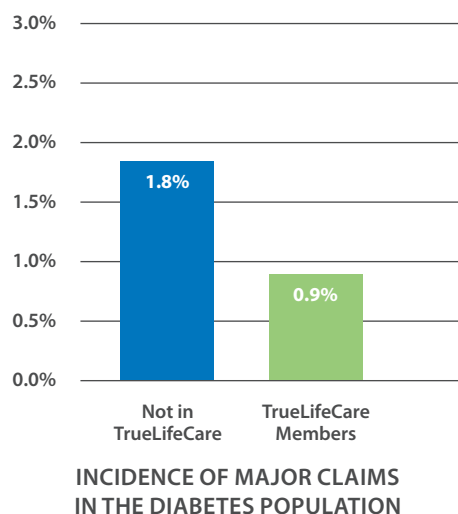
Adults with No Diabetes: **0.3% to 0.5%**

Adults with Diabetes: **1.0% to 2.0% and more**

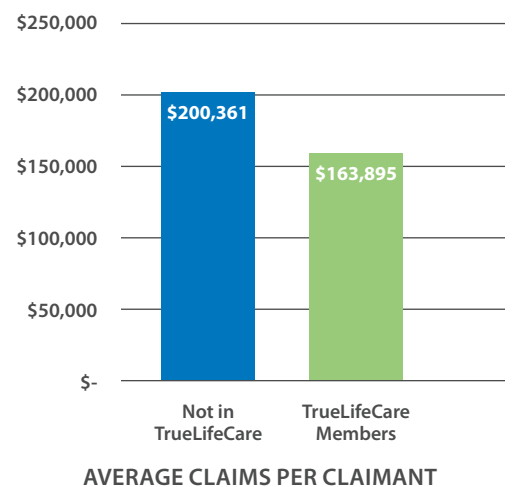
TrueLifeCare can help change that. Health plan members consistently participating in TrueLifeCare's program receive regular support on nutrition and lifestyle management that creates better and more stable health for those living with diabetes. This, in turn, lowers the risk for major medical claims. When a TrueLifeCare participant does have a major claim, it is also less costly than for non-TrueLifeCare health plan members.

Population with Diabetes Incurring Major Claims (>\$100,000 in 12 months)

The following table represents TrueLifeCare's book of business over the last four years:



Note: The incidence rate for major claims in the adult population with no diabetes is typically between 0.3% to 0.5%.



Let's work together to improve employee health and significantly lower your company's medical costs.

Contact us today - 615.369.0707 or [tellmemore@truelifecare.com](mailto:tellmemore@truelifecare.com).