

- 
- To do:*
- ✓ *Save money*
 - ✓ *Find support*
 - ✓ *Take control of my care*
 - ✓ *Stay healthier*
 - ✓ *Include my family*

Williamson County Diabetes Health Plan
Employee Information Session



What is diabetes?

- Diabetes is a condition that occurs when the body can't use glucose normally.
- Glucose is the main source of energy for the body's cells.
- The levels of glucose in the blood are controlled by insulin (made by the pancreas), which helps glucose enter the cells.
- In diabetes, the pancreas does not make enough insulin (Type 1 diabetes) or the body can't respond normally to the insulin that is made (Type 2 diabetes).

What is pre-diabetes?

- With pre-diabetes, blood glucose levels are higher than normal, but not high enough to be called diabetes.
- You may be able to prevent the progression of pre-diabetes to diabetes by losing weight, making changes in your diet and exercising.





What are the risk factors?

- High blood pressure or high cholesterol
- Age 45 or older
- Overweight
- Family history of diabetes or had gestational diabetes
- African American, American Indians and Hispanics are also at higher risk for diabetes

Why provide a benefit program for people with diabetes or pre-diabetes?

- 10.7% of adults are diabetic.*
- 26% of adults are considered pre-diabetic.*
- Diabetic diagnoses have grown by 13.5% between 2005 and 2007.*
- People with diabetes often have no warning signs and go undiagnosed for three to seven years.
- About two-thirds of all diabetics nationwide do NOT follow their doctor's treatment guidelines, which can lead to complications such as heart disease, kidney disease, amputations and blindness.

* Statistics from the American Diabetes Association and Ingenix, a sister company of UnitedHealthcare.



Diabetes Health Plan from Williamson County

- An enhanced benefit plan for associates with diabetes and pre-diabetes, offered as part of UnitedHealthcare benefit coverage.
- No copayments for up to four (4) diabetes-related visits to your doctor.
- No copayments for select diabetes-related medications and supplies.
- Wellness programs to help you manage your condition
- Scorecard to help you stay on track with your health care.
- Reminders for essential screenings and exams.
- Education and support to help you manage your condition.



What do I get from Diabetes Health Plan?

Benefit	Current Benefit Plan	Diabetes Health Plan
Primary Care Doctor Visits	Copayment or Co-Benefit	\$0 Copayment or Co-Benefit for up to four (4) diabetes related visits
Specialty Doctor Visits	Copayment or Co-Benefit	
Pharmacy Retail (31-day supply)	Tier 1 Generic Drugs: Deductible & Co-Benefit	\$0 Deductible & Co-Benefit for select generic and preferred diabetes-related prescriptions and supplies
	Tier 2 Preferred Drugs: Deductible & Co-Benefit	
Pharmacy Mail-Order (90-day supply)	Tier 1 Generic Drugs: Deductible & Co-Benefit	\$0 Deductible & Co-Benefit for select generic and preferred diabetes-related prescriptions and supplies
	Tier 2 Preferred Drugs: Deductible & Co-Benefit	



Who is eligible for Diabetes Health Plan?

- Employees diagnosed with diabetes or pre-diabetes, or who have blood sugar in range of either condition
- Family member age 18 and older diagnosed with diabetes or pre-diabetes
- If you are not diagnosed but think you may be at risk, schedule a biometric screening.

What is biometric screening?

- Fast for at least eight hours before biometric screening. That means no food or drink besides water for at least eight hours.
- Make an appointment for biometric screening at your personal doctor.
- Biometric screening should test:
 - Blood pressure
 - Cholesterol
 - Fasting blood sugar
 - Triglyceride levels



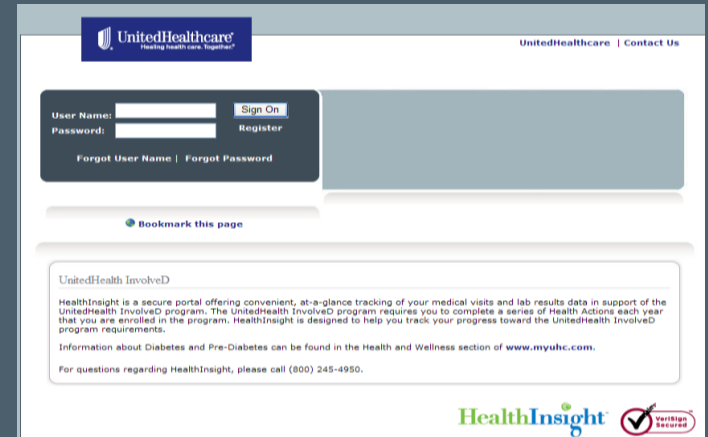
How does the plan work?

- You will be required to follow your health actions:
 - Schedule regular primary care visits and blood tests (HbA1c and LDL)
 - Get regular creatinine and retinal exams (diabetes only)
 - Online Health Coach Modules
 - Follow recommendations for preventive care, including cancer screens and wellness

Compliance Requirement	Frequency	Last Completed	Next Due On or Before	Completed for Benefit Year
1. Doctor's Visit	2 per year	11/19/2008	12/31/2009	!
2. Hemoglobin A1c	2 per year	11/03/2008	12/31/2009	!
3. Blood Creatinine OR Urine test for Microalbuminuria	1 per year	11/15/2008	Due Now	!
4. Blood Cholesterol (LDL)	1 per year	11/03/2008	11/04/2009	!
5. Colon Cancer Screening		06/26/2007	06/24/2017	✓

How does the plan work?

- HealthInsight™ is a snapshot of your health care experience and roadmap for diabetes preventive care.
 - Health actions
 - Reminders for essential screenings and exams
 - Helpful links to trusted sources of medical information
- Only you will have access to your personal health information. Your employer will not have any access to employees' health status or other personally identifiable health information.



How much can I save in diabetes-related medication?

- No Deductible & Co-Benefit for select prescription drugs under the plan include Tier 1 (generic) and Tier 2 (preferred) medications used to treat diabetes and pre-diabetes, plus other conditions often related to diabetes, including
 - High Blood Pressure
 - High Cholesterol
 - Depression
- Tier 3 drugs may cost you more out of pocket.
- You can fill your prescriptions at any network retail pharmacy or mail-order pharmacy.



Diabetes-Oral

Acarbose
Actoplus Met
Actos
Avandamet
Avandaryl
Avandia
Byetta
Duetact
Glyset
Glimepiride
Glipizide
Glipizide ER
Glipizide XL
Glipizide/ Metformin
Glucagon
Glyburide
Glyburide/ Metformin HCL
Glyburide Micronized
Janumet
Januvia
Lantus vials only
Levemir vials only
Metformin HCL
Metformin HCL ER
Novolin
Novolog
Prandin
Tolbutamide

All Insulin Syringes

All Lancets

Cholesterol Lowering

Advicor
Altoprev
Antara
Cholestyramine
Cholestyramine Light
Colestipol HCL
Crestor
Fenofibrate
Fenoglide
Gemfibrozil
Lipitor
Lipofen
Lovostatin
Niaspan
Pravastatin Sodium
Simvastatin
Simcor
Tricor
Welchol

Anti-Depression

Budeprion SR
Bupropion HCL
Bupropion HCL SR
Citalopram
Effexor XR
Fluoxetine HCL
Paroxetine HCL
Sertraline HCL
Venlafaxine HCL

Hypertension

Azor
Benazepril HCL
Benazepril HCL- HCTZ
Benicar
Benicar HCT
Captopril
Captopril- HCTZ
Enalapril Maleate
Enalapril Maleate- HCTZ
Fosinopril-HCTZ
Fosinopril Sodium
Lisinopril
Lisinopril- HCTZ
Losartan
Losartan-Hydrochlorothiazide
Micardis
Micardis HCT
Moexipril HCL
Moexipril-HCTZ
Perdinopril
Quinapril-HCTZ
Quinapril HCL
Quinaretic
Ramipril
Trandolapril

How do I know if my medication is Tier 1 (generic) or Tier 2 (preferred)?

- Visit www.myuhc.com > Links and Tools > Prescription Drug Information > Prescription Drug List



Free Glucose Test Meters

Type of Monitor	Manufacturer	How to Order
<ul style="list-style-type: none"> •Accu-Chek Aviva •Accu-Chek Compact Plus 	Roche	<i>Toll-free</i> 1-888-605-9861 Offer Code UHCAC10 <i>Online</i> www.meters.accu-chek.com
<ul style="list-style-type: none"> •OneTouch® UltraMini® •OneTouch® Ultra®2 	LifeScan, Inc. (Johnson & Johnson Company)	<i>Toll-free</i> 1-888-768-5477 Offer Code 426UHC001 <i>Online</i> www.onetouch.orderpoints.com

How do you measure compliance?

- Through members adhering to their health actions, including:
 - Diabetes care management
 - Cancer detection screening
 - Preventive care
- You will get a reminder to follow your health actions.
- You need to follow your health actions to receive no-cost medications.



Will my health information be secure?

- Yes, participation in Diabetes Health Plan is confidential. Your employer will not have any access to your health status or other personally identifiable health information.
- Only members have access to their personal health information on HealthInsight.
- The “VeriSign Secured Seal,” located at the bottom of each webpage, indicates that the information has been encrypted for optimal security.



Are my family members eligible?

- Employees who do not have diabetes can enroll their eligible family members who are diagnosed with diabetes or pre-diabetes. The entire family enrolls as a group.
- The program is designed to promote and track compliance among all people with diabetes or pre-diabetes, including any adult family members age 18 or older.
- Family members who are not yet diagnosed but may be at risk can be screened by their doctors and submit the results.
- Each diagnosed member will have their own personal HealthInsight™ account to monitor progress toward meeting compliance requirements.

How do I qualify?

- Employees diagnosed with diabetes or pre-diabetes:
 - If UnitedHealthcare member for 12 months, automatically qualified to enroll
 - Employees who are not current members, or very recently diagnosed, submit enrollment eligibility form
- Employees not yet diagnosed:
 - Get screened by personal doctor, fill out enrollment eligibility form

Q&A

