



# She promised for better or worse... I'm giving her better.

**W**hen I found out I had diabetes, I knew it was serious. I planned to take my prescription exactly as my doctor directed.

Then, I took one look at my wife's face. I could tell she was thinking about the years ahead, the trips we hadn't taken, the grandchildren we hadn't met. I knew I could do better. I could *get* better.

I vowed to change.

My health coach showed me how to eat in a way that keeps my diabetes in check. From what to order in a restaurant to how to get back on track when I slip up, I have a plan. Like always, my wife is beside me every step of the way.

I know there's no cure for diabetes. But I have control—and a lot of healthy tomorrows to share with the woman I love.

THE CAREWISE HEALTH EXPERIENCE

Carl is diagnosed with diabetes

Receives call from health coach

Enrolls in Carewise Health BECOME program

Learns to track calories and carbohydrates

Walks six days a week

Wife says new habits look good on him

Schedules second honeymoon



# Promises kept

## Managing employer's plan costs

.7% ongoing trend for engaged Carewise Health member vs. 24.6% for unengaged member

## Improving the health of our members

- 60% decrease their body mass index (BMI)
- 70% improve their blood pressure levels
- 60% decrease their cholesterol levels
- 53% reduce their triglycerides
- 60% improve their blood sugar levels

## Increasing employee satisfaction

93% of members report "good" to "high" satisfaction

## Analytics for continuous improvement

You don't need to be a clinician or an actuary to understand our user-friendly reports. We mine the data to help you target new opportunities for health improvement. Key performance areas include:

- Program participation
- Member satisfaction
- Clinical outcomes
- Evidence-based medicine compliance rates
- Net savings
- Utilization reduction
- Pre and post SF-8 scores

*Carewise Health® Condition Management helps members effectively manage chronic and acute health conditions. Our clinical interventions improve quality of life, ensure evidence-based medical treatment, increase medication compliance, promote realistic and sustainable lifestyle changes, boost productivity, prevent hospitalizations and lower healthcare costs.*

### Personalized coaching improves health status



Carewise Health coaches work with each member individually to develop a highly personalized care plan that improves compliance with evidence-based medicine. These specially trained nurses and clinically proficient health educators use behavior-modification techniques to help members build the skills they need to take an active role in managing their conditions. Members may choose to engage one-on-one with a health coach through the award-winning *Become* program or choose to work on their own using the digital coaching modules.

### Flexible to fit your company needs

Clients can customize their program to include any of our core disease states and high-risk conditions. This customization enables employers to cost-efficiently manage the conditions most impacting their particular population and bottom line.

### Communications that engage members

With client participation, Carewise Health takes an active role to ensure that communication campaigns achieve the desired outcome.

### Unlike health plans

Health plans focus mostly on cost of care. Carewise Health focuses on compliance with evidence-based medicine. Our goal is to improve members' health and quality of life, which yields cost savings in the form of fewer ER visits, lower re-admission rates and appropriate utilization of healthcare services.

### Secondary conditions also managed

We manage people, not disease states. Unlike programs that manage a single condition for a member, we address all other conditions, such as depression, that impact health status. Interventions also include high-risk case management for conditions that require intense coordination of care and management of procedure-recovery risks, including cancer, renal disease and trauma.

### URAC Accreditation

Carewise Health has received the highest URAC accreditation status since 1993. Accredited programs include: Condition Management (Disease and Case Management), Consumer Education and Support, and HIPAA Privacy.



For more information, call 888-9CWLTH (888-929-4584) or visit [carewisehealth.com](http://carewisehealth.com). Carewise Health is a provider of integrated health solutions.

© Carewise Health, Inc. CM-2011

