



## Diabetes & Employee Wellness

However you look at it, diabetes is an enormous health care problem in the United States and affects the health of employees in every major corporation. According to the American Diabetes Association, the prevalence of diabetes continues to grow, with the number of people in the U.S. diagnosed with diabetes now reaching 17.5 million. The total estimated cost of diabetes in 2007 was \$174 billion, including \$116 billion in excess medical expenditures and \$58 billion in reduced national productivity.

The burden of diabetes is imposed on all sectors of society- higher insurance premiums paid by employees and employers, diminished earnings through productivity loss, and reduced overall quality of life for people with diabetes and their families and friends. People with diabetes have higher rates of health-related absenteeism than their peers without diabetes.

## Help Your Members Improve Their Health

Behavior modification is one of the best ways to improve the health of an employee with diabetes. Many studies have found that patients who modify their behavior by carefully managing their diabetes enjoy better health than those who do not.

The Diabetes Control and Complications Trial (DCCT) conducted by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) study at the National Institute of Health (NIH) demonstrated that individuals with Type 1 diabetes who maintain normal blood glucose levels can slow the onset and progression of eye, kidney, and nerve diseases caused by diabetes.

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## Subscription Options

MyCareTeam's diabetes management software, MCT-Diabetes, is available for health and wellness programs on a subscription basis. An Internet connection is required, but no special software needs to be installed.

Subscription options include:

- Individual Member License-software is available to all members at a discount price on each license. No cost to employer.
  - Corporate License-software is aggressively priced and subsidized by the corporation. It is available immediately to all members.
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# MCT-Diabetes: A Diabetes Software Product for Your Employee Wellness Program

MyCareTeam, Inc.'s flagship diabetes software product, MCT-Diabetes, is a web-based diabetes management tool that can be easily incorporated into your organization's health & wellness program and made available to your employees.

MCT-Diabetes can help your members significantly improve their overall health by managing their diabetes more effectively. MCT-Diabetes helps members keep track of their blood sugar readings as well as laboratory results, medications, exercise, and blood pressure, alerting the member if their readings are too high or too low.

MCT-Diabetes is cleared by the US Food & Drug Administration (FDA) and has been actively used for several years by various groups of people with Type 1 and Type 2 diabetes. Appropriate glucose monitoring in groups of people with Type 1 or Type 2 diabetes provides effective management of blood sugar levels as measured by various parameters, including HbA1C (Brigham & Women's Hospital and Harvard Medical School: McMahon et al. 2005; Georgetown University Medical Center: Smith et al. 2004).



Period: 7 Days End: 08/26/2006

Date	12-5am	Morning 5-11am	Mid-Day 11-4pm	Evening 4-9pm
8/26/2006		123		
8/25/2006			65	+182
8/24/2006		117	67	66
8/23/2006		175	102	63
8/22/2006	96	130		
8/21/2006				

**Glucose Logbook**

**Care Team Members**



**Glucose Meter Upload Capability**

## Diabetes Wellness Program Benefits

### Overall Ongoing Benefits

- Has been shown in clinical trials to reduce blood glucose and HbA1c levels
- Improves health, which leads to healthier employees, lower health costs and increased productivity

### Individual Member Benefits

- Upload information from multiple blood-glucose meters
- Track blood glucose levels
- Log blood pressure, lab results and track medications
- Build and maintain an exercise log
- Create a "Care Team" of people who can view your data and help manage your health
- Communicate with your care team using a built-in messaging feature
- Meets the same FDA standards for accuracy, reliability and safety as medical devices and instruments